

Volume 53, No 3 - March, 2023



# VIBRATIONS

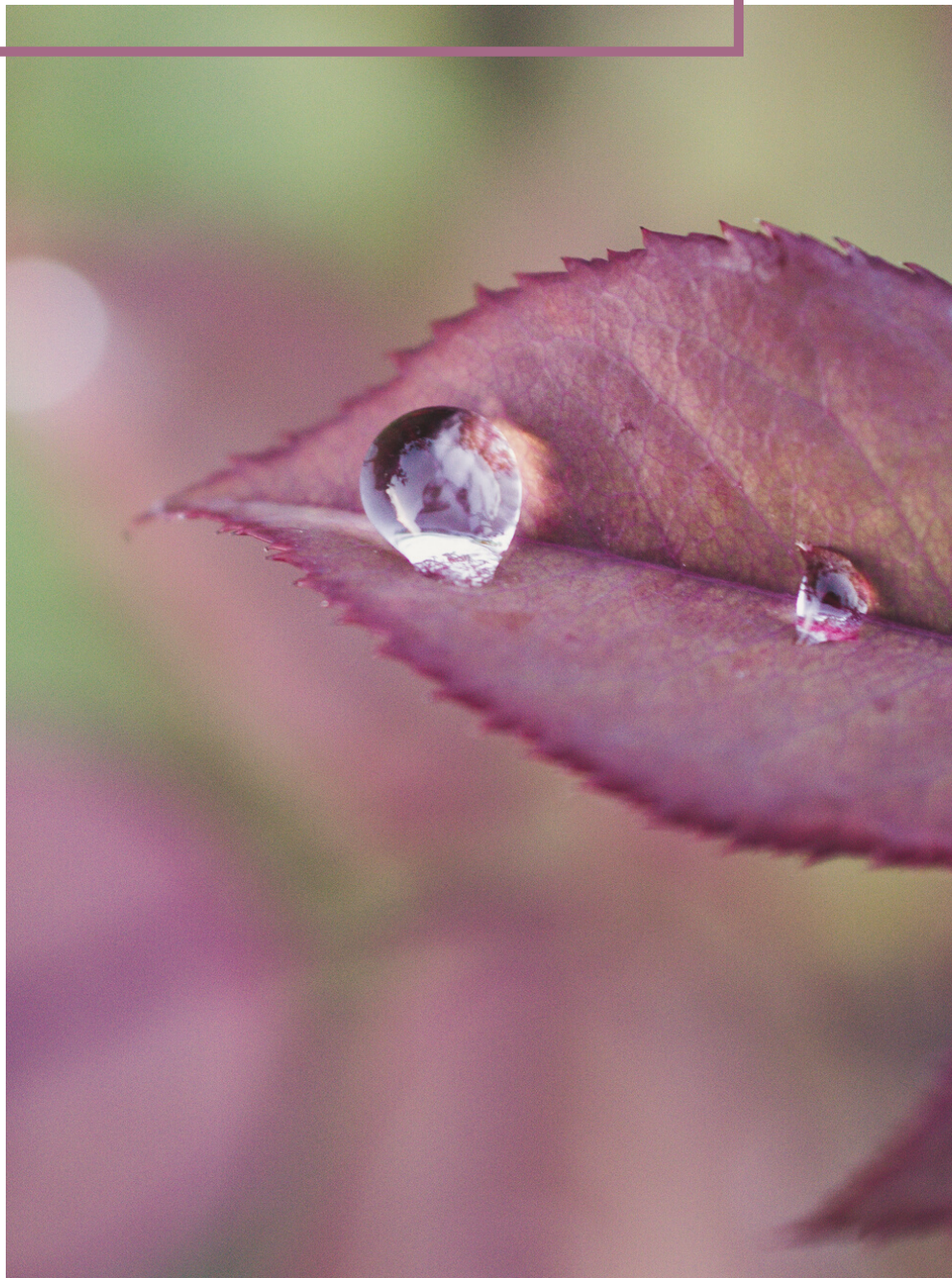
A MONTHLY NEWSLETTER

## CONCENTRATION

The ideal of the School of Metaphysics is 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 is to accelerate the evolution of humanity by ushering in Intuitive, Spiritual Man.

The activity of the School of Metaphysics is Teaching Teachers.



[www.som.org](http://www.som.org)

**03** Springfield

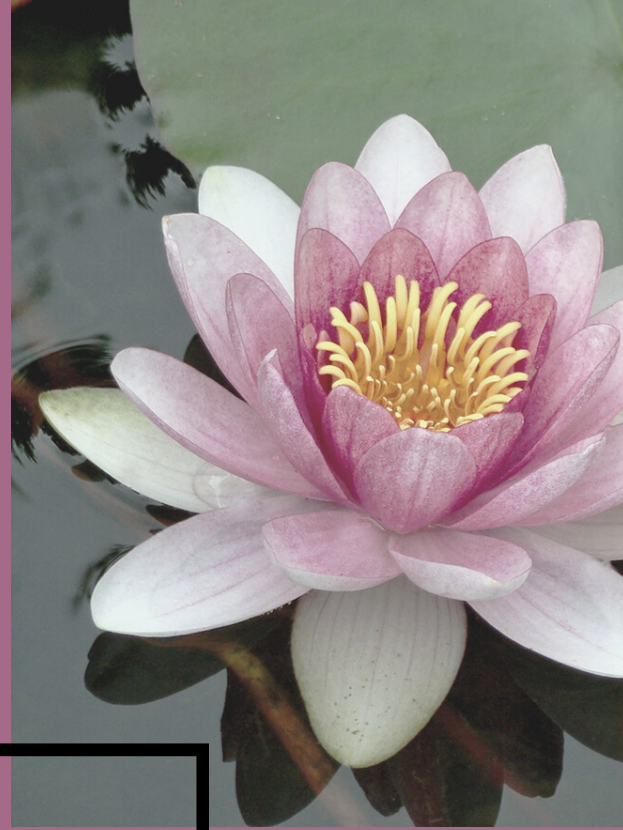
**04** Columbia

**05** Maplewood

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# WILL, DESIRE, BREATH

By Mary Sudduth —————

Thinking about this month's topic on CONCENTRATION, I reviewed Lesson 1 of our Mastery of Consciousness course, which I will quote from occasionally. While re-reading lesson 1, I noticed within the discussion on Concentration, certain words including WILL, DESIRE, BREATH, FOCUS, MEMORY, IMAGINATION, and VISUALIZATION. Each of these is a descriptor word originating from within an element. These elements are fundamental building blocks, phases or steps that interact with one another like the seasons. All are beats in the rhythm of life. All participating in creation.

DESIRE, WILL, and BREATH are a foundational triad of elements. Desire and Destiny are dynamic Yang words associated with our Spirit and our Heart. Will, which is equally dynamic, is associated with Yin and our Kidneys, getting its power from the Present, the Now. These two together are the Heart/Kidney Axis or Fire and Water, which some believe is our core connection between Heaven and Earth, our Tai Ji Pole. This is the neutral space where our Spirit has a material experience while orienting us toward our Destiny. Another way of saying this is, the aligning of Desire and Will facilitates our Purpose, and therefore our birthright, Destiny. BREATH of course, belongs to the lungs, a metal element. Our first Breath anchored our Spirit into the physical, and our last Breath will release it. Breath is a necessary and stabilizing moral compass. Adding the incredibly grounding Breath to Desire and Will, or the Heart/Kidney Axis is like adding a third leg to a stool.

FOCUS and Memory are earthy Yin words belonging to the digestive family. Focus allows us to refine and digest our thoughts. It tends to be distracted by the past or future making Focus unavailable in the Present or Now, which can greatly diminish energy available for co-creation.

IMAGINATION and Visualization are a natural progression moving the energy forward to manifestation which “enables the thinker to experience...all matter of metaphysical at will.”

When you Concentrate, pulling WILL, DESIRE, and BREATH, together along with FOCUS, and IMAGINATION, you may be resonating with the rhythm of the laws of the Universe. Then Qi/Universal Energy and creation will follow. Once your rhythm is synchronized with the Universe, “you find yourself in the right place at the right time,” pursuant to Destiny. “Our Destiny is meant for the benefit of others, the energy of Heaven inherent in our Destiny requires not only a grounded individual but a community to receive the message, the gift.”

# CONCENTRATION

By Dennis Race

"Ding! You've got mail." Or, "Chirp, chirp...hmm, I wonder who's texting me now?"

It happens all the time and we've all been there. I think we can unanimously agree that we live in a world of constant distraction, "The Information Age."

Concentration is your gateway to achieving great things. Concentration means control of the attention. It is the ability to focus the mind on a subject, object, or thought, and at the same time, exclude from the mind every other unrelated thought. That's the part that trips us up, distraction.

Practicing mindfulness, or meditation, focusing on the present moment, are all great ways to train the mind for better concentration.

Some other things that help to become a champion in the game of concentration are engaging in physical activities, eating healthier foods, getting sufficient sleep, and understanding the needs of your environment such as, "Is it too quiet? Is it too noisy? Are there too many unusual cues?"

As you work to make concentration a better part of the life you deserve, just remember, "Goal + Purpose + Activity = Success."

It's time to take it back!





# SUBTLETY

By Thomas Croft

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Hello friends, It is time for another article. I took some time to think about what I would be writing about, then I saw that the theme for this month is Concentration then I said, I've got a lot of things I could write about regarding this topic. So here we go. Looking back at my journey, my progression within the SOM, I came to realize that I am a pretty focused individual. I keep my attention on the person I am speaking with. It came to my awareness recently as I was chatting with a friend, he told me that he has been learning to keep his attention in the present moment when he is conversing. He became aware of the fact that he would be coming up with what to say as the other person was still talking and he knew that this took him out of the present moment. I heard him say this and it clicked with me, I do this too, the truth that he spoke was Universal.

I began to experiment with this concept of dropping into my mind instead of the brain while listening to him speak and let me tell you, I experienced freedom. To have the ability to release thought and be fully present is attractive to other people, they will sense that he actually is listening to me and it gives the listener more space to receive the other person. In experiencing that freedom, there was subtlety with my responses. They came to me naturally instead of me thinking of what to say next. I got to this point by continued disciplined and application of what was taught here at the SOM. I was teaching myself to be more within the mind and hearing him state his observation put all of the pieces together. We all have the ability to direct our mind. Also, I will be starting a new Mastery of Consciousness Class on March 23rd at 7:30 pm at the Maplewood Branch in Saint Louis County, Mo. Within this class you will learn how to direct your mind and create the reality you desire. If you or anyone you know may be interested come on by Maplewood would love to host you.



# MAGIC IN MAPLEWOOD!

By Terrence LaMont Bellows —————

The trust that I experience in myself has grown immensely inside and outside of what I might call time. My recent experiences have served me in ways that are unusual but often become known to me as normal. This is a story about just such an occurrence. I recently became the director in Maplewood for our school here serving the St. Louis area. I wanted to reach out to the community in a new way and spread the message of the school, so I wrote an email and left it as a draft. When I felt it was time and the right media members, from my small perspective had been identified I would send out this email and watch the magic flow in. At least that was my vision. It turns out the reality was quite a bit simpler. I left it drafted for a few days and contemplated how I might discover the right media members and who else from the school should look at the email and perhaps be included. In a moment, I was driving and stopped at a light as I was just concluding a thought about a sentence to add to the email. I saw a Gmail notification and I was at a stop, so I clicked it and it was from a podcaster named Julia Bramer. She'd met and spoken with a past president and extremely important figure in world of the School of Metaphysics, Laurel Clark. She actually lives in the same neighborhood, and they met by following the grapevine where it leads. Julia had just begun her journey as a podcaster and radio host for a new adventure called the Mystic Fix. She was looking for guests and thought the School of Metaphysics would be a gold mine for her. She is right! I put it out in the universe and wrote a still drafted email and it was picked up on by her through the ethers. I didn't even have to send it! We had a great interview experience, and she will be posting it on YouTube, Rumble, and her own podcast system. I was widely welcomed in the studio of NewsTalk STL in St. Louis, and we had a magical experience that ended with a hug and a new friendship for myself personally and the School of Metaphysics. As soon as we are able, we will have more of our students and teachers featured on her show. Magic in Maplewood! Wallah!





# THE BEAUTY OF CONCENTRATION

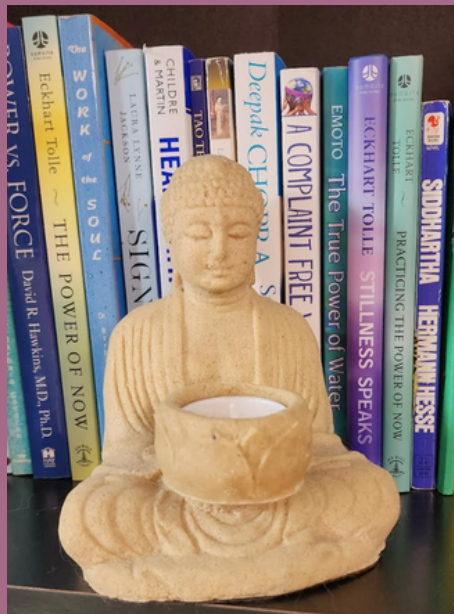
By Jenni Haney

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Our cozy branch in Des Moines has had an amazing start to 2023! We have attracted new students to the school as our four-week dream courses have come to an end and next week we will open our hearts and minds to a new first cycle class eager to learn and grow. This exciting time will enable us all to share valuable lessons and truths with new souls and demonstrate the importance of this month's focus- concentration.

When I started first cycle last July, I was faced with the reality that my focus, attention, and concentration skills were lacking at times. I have worked hard to develop these valuable tools over the past 8 months, using them to get in touch with my Self and become more comfortable in my own skin. I'm starting to see the benefits of the work I've been doing and am noticing numerous positive changes in my thoughts, emotions, and life in general.

It is my hope that each new individual taking part in a short course or beginning their unique journey into first cycle discovers the important skills, knowledge, and truths the school offers to create and live the life they choose. The beauty and benefits of using concentration are endless, such as stilling the mind, getting in touch with our inner Self, and bringing peace and harmony into our lives and the lives of those around us. As Patanjali said, "Peace can be reached through concentration upon that which is dearest to the heart". I believe everyone, regardless of circumstances, is capable of using the power of concentration to achieve their deepest desires and live in a personal state of peace, love, and light.



# CONCENTRATION

By Stella Lynn Boggio

Teacher's meetings, at The School of Metaphysics, are an opportunity to have more expansive experiences. At this year's Area Teacher's Meeting, I had a more in-depth experience with one of the Ten Essential Life Skills of Concentration.

We participated, as a group in this exercise. Each teacher had their own experience. I had the opportunity, through my experience to receive more clarity. My clarity came in the form of awareness.

The exercise was a longer version of the Mirror Exercise. The Mirror Exercise is an exercise we introduce to students, on registration night, when they begin classes in The School of Metaphysics. We did this exercise for thirty minutes.

During this exercise, I had quite a few thoughts. However, I observed I was not emotionally attached to them. I was able to observe my thoughts, and direct my attention back to my focus point. As the exercise continued, I observed more space between my thoughts.

The purpose of the exercise was to experience the difference between being in the Brain and being in the Mind. As I became more still, an image of a peaceful pasture came into my awareness. It was a sunny day, with rolling hills. It reminded me of a spring day. Also, a song came into my heads by one of my current favorite bands, Coldplay, "My Universe."

One of the other teachers, Dede That, from Palatine, pointed out that I have a clear experience of being in the Brain and being in the Mind. She reminded me that I can refer to this experience anytime.

My Ideal is Self-Trust. I can say this experience helped me fulfill my ideal. Having a direct experience, one can replicate, is the best type of learning.

I was grateful for this direct experience. When I am teaching or interacting with others, I will be able to observe where my attention is at any given moment. This concentration experience, will serve me well on my path of soul growth and development.





# FROM THE

## C H A N C E L L O R

By Stella Lynn Boggio

## Matthew Chapter 14

Interview with Dr. Daniel Condron

In Matthew Chapter 14, Herod heard the news about Jesus and his miracles of healing. Herod wanted to have Jesus killed, but he was afraid of the people.

When Herod's birthday came, the daughter of Herodias danced before the guests. This was pleasing to Herod. Herod then swore to her with oaths, he would give her anything she would ask. She then asked for the head of John the Baptist. The king was sorry, but because he made the oaths, he gave that to her.

When Jesus heard of this, he departed thence by boat, alone to a desert place. When the people heard of this, they came and followed him there. When Jesus saw the large crowds, he had pity on them, and healed their sickness.

Then the evening came. The disciples came to him and said, "This is a lonely place, and it is getting late; dismiss the people, so they may go in the villages and buy food for themselves. Jesus said it was not necessary for them to go into the villages and buy food for themselves.

Jesus instructed his disciples to bring the five loaves of bread and two fish to him. Next Jesus ordered the people to sit on the ground. Jesus broke the bread and said a blessing. They all ate the bread and drank the wine. There were fragments left over, which were twelve full baskets. There were five thousand men who ate not counting the women and children.

Jesus dismissed the people and went into the mountains to pray. When darkness fell, he was still there alone.

The boat was many miles away. In the fourth watch of the night, Jesus was walking on water. Jesus said, "Have courage; it is I; do not be afraid. Peter said to the Lord, command me to come to you on the water. Peter started to walk toward Jesus, but he became afraid. He started to sink and cried out for the Lord to save him. Jesus said, "O you of little faith.

When the disciples got into the boat, they worshiped him. Then they came to the land of Gennesaret. Jesus was recognized and they brought all of him who were sick to him. Even though those that touch the hem of his garment would be healed.

### ***1. What was the significance of the request for John The Baptist's head?***

It was plot to get rid of John the Baptist. Metaphysically-symbolically speaking, Jesus represents the knowing qualities. John represents believing. When we have the experience, reason with it and put it into practice, it becomes knowing within the individual.

### ***2. What is the message in what Jesus did with the five loaves of bread and two fish?***

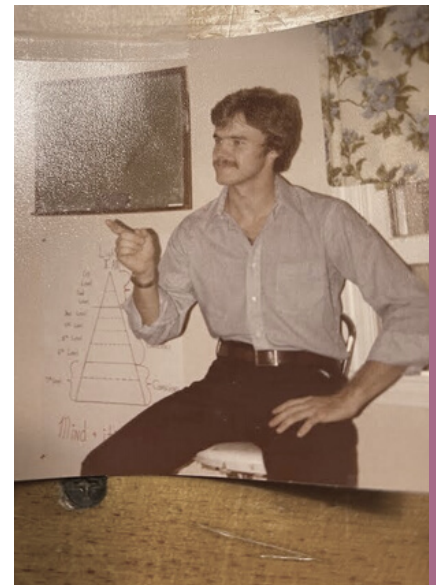
This is an infinite Universe. When we put our attention on Superconscious Mind, there are no limitations.

### ***3. Why do fears seem to have so much control over humanity?***

Fears come from the illusion of separation. Any illusions takes away ones power and control from the Self.

### ***4. How does touching the hem of Jesus's garment provide for a healing?***

Just being in the field of high consciousness no disease can exist.



# THE NEW MAITREYA

by Barbara Condron



**Have you ever thought about taking the time to write down the names of every person you've met through your life?**

Perhaps you are now thinking about it. Contemplating the possibilities. Hmmm....

*"Is it over a 1000? 5000? 10K? 100K?"*

*Can I actually do that? you may wonder.*

*Where would I even start?*

*When would I find the time to do this?*

*Why would I want to spend time thinking about people I haven't seen in years instead of thinking about the people in my life now?"*

Those are some of the first thoughts people say come to mind when I present the idea.

## TIME FRAME

Then I give them 28 minutes to make their list. All of a sudden urgency enters the equation.

*"How many people can I list in less than half an hour?"*

Once there is an imaginary boundary - in this case time measurement - the mind engages in a different way. It's like upon first hearing the question, the brain gets turned on. Some people call this being triggered, meaning reactions to memories start firing, trying to awaken the mind. If successful, the mind takes over and becomes curious. Creative thinking becomes activated.

*"Okay, how shall I go about this? There's no way, I'll have enough time to write all the people down."*

*So maybe I should just write down whoever comes to mind?*

That's a strategy, even if a lame one. But it will get me going."

So the tendency (and there are studies on this) is to open the mind

by holding it steady on a train of thought. Concentration. SOM teaches the skill. Your mind becomes magnetized to the topic at hand - *people you have known* become 'your candle'.

What tends to happen next is internal. Subconscious thinking gravitates to particular time periods, places, or events in an attempt to answer your questions. To fulfill your conscious desire. Sound familiar?

I am exploring here, the very real benefits from daily skill-building that SOM affords the student. Benefits that will aid, encourage, and support your maturity as Intuitive, Spiritual Man.

## AUTHENTIC INTELLIGENCE

The experience of emotion evolves from 'being triggered' into 'being in the Emotional Level of Consciousness.' Undivided attention, being the only sense of Mind, empowers us as thinkers to access and to open memory *beyond the brain's capacity*.

The brain, being part of the physical body, solely knows the present moment. It only registers here and now through the body's five senses. The Mind is our vehicle beyond the borders of physical time and space, and into the inner levels where our lives develop Spiritual depth and breadth through Mind expansion.



This is innerwork, true intuition. Not the imitation our eyes and ears can experience through a computer transmission. Although valuable in its own time and space, those 2-D experiences are limited by the nature of Artificial Intelligence.

When we are completely in the Body, all five senses and all 10 chakras fully functioning, we can easily turn our attention Within. The Mind, our direct experience of intelligence, and all its abilities open to us. A **Superabundance** of remembrances and possibilities open in dimensions.

For instance, the first names remembered are usually people we are in relationship with today. Present people mean a higher probability of reasoning because we are making our lives with them. We imagine and fulfill our daydreams through interaction.

Associated memory thoughts are activated through resonance. This leads to another dimension of experiencing. For instance, recalling oldest friend George activates the memory scene of a business conference you both attended six months ago. That scene adds two dozen names to your list. You remember George commenting, "I haven't been back here since my honeymoon." Although you weren't with George and his wife Bri on their honeymoon you were at his wedding. There were over 200 people at that

*"The great truth that comes through the 53rd Siddhi is that life consists of endless beginnings but no endings. This is the true meaning of Superabundance."*

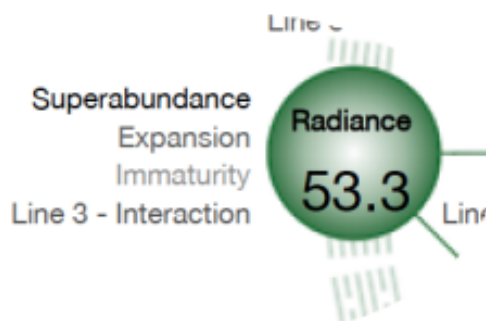
– Gene Key 53

event. That stimulates a recalled image of your high school graduation which involved almost 1000 students 75% of whom you knew by name. One person can lead to many people.

Either consciously or unconsciously, we each are living out the New Maitreya, the Individual in a Group. To be conscious is to recognize the connections between people, places, and things throughout our lives. Early in SOM study, the 7 Year Cycle exercise introduces the student to the stages of life which hold the secrets of soul progression. Rudolph Steiner developed the curriculum of Waldorf Schools around the 7 year cycle concept of the **maturing** of the individual.

Next time you have an urge for deeper Self awareness, particularly in relationship to others, start by listing the names of people who have known in your life, starting in the present and moving backward in time in seven year cycle increments. When you've made it all the way back to your birth, step back and acknowledge the **Expansion** possible in a single human lifetime.

Then go one step further by claiming the **Superabundance** always available to you as you open your Mind and allow your inner Light to shine.\*



**SOM's RADIANCE, its aura, expresses its mental, emotional, and physical health through the great truth that life consists of endless beginnings but no endings.**

## EVOLVING BEYOND EVOLUTION

"Like a child who is not yet self-aware, it doesn't know how it affects the world. Self awareness is maturity, and only when humanity is self-aware as a unified organism will it have grown up. The secret to this 53rd Gift is thus to give way to the bhakti — the ever-expanding — transcending and including energy of life itself. It requires that you allow yourself to be swept aside by life, letting go of all definitions of who you are and where you think you are going. Once you make this shift into your heart, you will find your life to be much simpler.

# FREEDOM

BY Kate Wagoner

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When I first came into the School, I was unaware of just how much of a physical thinker I was. My idea of the “perfect” life involved milestones like make perfect grades, land the dream job, buy the dream car, do this, have that, etc, in order to be totally happy and secure. I operated from a place of “have this” and “do this” and then it will all be “good enough.” Instead of, “What am I learning? What permanent understandings am I gaining? What does my Soul need?” Even my idea of health was physical or just emotional- exercise, moderate diet, sleep, journal, medication. It was missing a Whole Mind approach.

As much as I enjoy creation in the physical, and it certainly has its rightful place, I kept feeling like something was missing. I had the dim awareness that there was more to life, and that I was here for more. This inner knowing led me to the desire to pursue meditation on a deeper level, which eventually led me to the School of Metaphysics. As I grew in my study of metaphysics, I started to realize the importance of balancing the physical life with the spiritual life.

Balance is an important understanding for me. I started gaining more confidence with applying metaphysical principles in my life and experiencing manifestations on fun and deep levels. Eventually, I was ready to take it a step further. When I was nineteen, I was told that I had type two bipolar disorder, and that I would “need” to be medicated the rest of my life in the name of my health and mental well-being. For a while, I did not question it. My health was my priority, and I was willing to do anything it took to be a healthy and secure individual.



The dark side to long term medication is that they can often produce unwanted or dangerous side effects. They do not get to the root of the inharmony. As I came to realize, we create dis-ease in our bodies with our line of thinking. We can certainly use medication as a tool, if we want to keep things purely in the physical. Or, we can take ownership of our thoughts and Selves. It was my desire to be a “Whole Functioning Self, not dependent on any person, place, or thing, for peace, security, and contentment” that brought me to my decision to heal the experience of bipolar through a holistic, natural, and Whole Mind approach.

One essential key in this is the candle concentration exercise. I have been practicing it diligently for over a year now, and have noticed tremendous positive effects in my thinking, feelings, and more space between my thoughts overall. Coming back to the flame, to my Self, has helped me to stay more grounded and in the present moment so that I can experience more choice in how I desire to respond to a situation...or even a feeling.

I also noticed that as the medication left my body, my Heart center felt clearer and lighter. It has been easier for me to receive more, to harness my kundalini energy, and I have felt less blocked overall. I have also noticed that I do not experience the overwhelming fatigue that I once did.

I am sincerely grateful for the practice of spiritual exercises such as the candle concentration exercise as well as my time in the School as a student and teacher. It feels empowering and fulfilling to embrace the many different parts of my selves + Soul in lieu of a pill. I am excited to continue to embrace the balance of the physical and the spiritual, and to come home to my Soul in new and expansive ways.



**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





# 2023 EVENTS

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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



### Universal Peace Covenant

*Living Peaceably begins by Thinking Peacefully*

because "Peace is an idea whose time has come"



Add your voice to the thousands of people who read the Universal Peace Covenant by joining us in a virtual gathering.

Start your day off with  
PEACE.

Every morning at  
7:30AM CST  
we read the  
Universal Peace  
Covenant together on  
Zoom. Join us at  
[www.peacedome.org](http://www.peacedome.org).



Unite your Conscious  
and Subconscious  
Minds, gaining greater  
insight into your inner  
Self through weekly  
dream interpretation  
every Wednesday  
evening at  
6:30PM CST.  
Join us at  
[www.dreamschool.org](http://www.dreamschool.org).





# BRANCHES

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## 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: 48, Soaring-** A single thought can mobilize the will in adulthood. One thought leads to another within Self and within many. A whole thought extends through eternity. Echoing in space far beyond what you will ever know.

**Devon Hoover: 48, Soaring-** A single thought can mobilize the will in adulthood. One thought leads to another within Self and within many. A whole thought extends through eternity. Echoing in space far beyond what you will ever know.

**Stella Lynn Boggio: 80, The Immortals-** Immortality begins in a mind full of what is. When you know what is, your reign begins. Your reign extends the power of minds, light from heaven to earth. Everything changes in the light of eternity.

**Kate Wagoner: 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, will now feed generations. Whole knowledge leads to health and well being.

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