

Volume 53, No 2 - February, 2023



VIBRATIONS

A MONTHLY NEWSLETTER

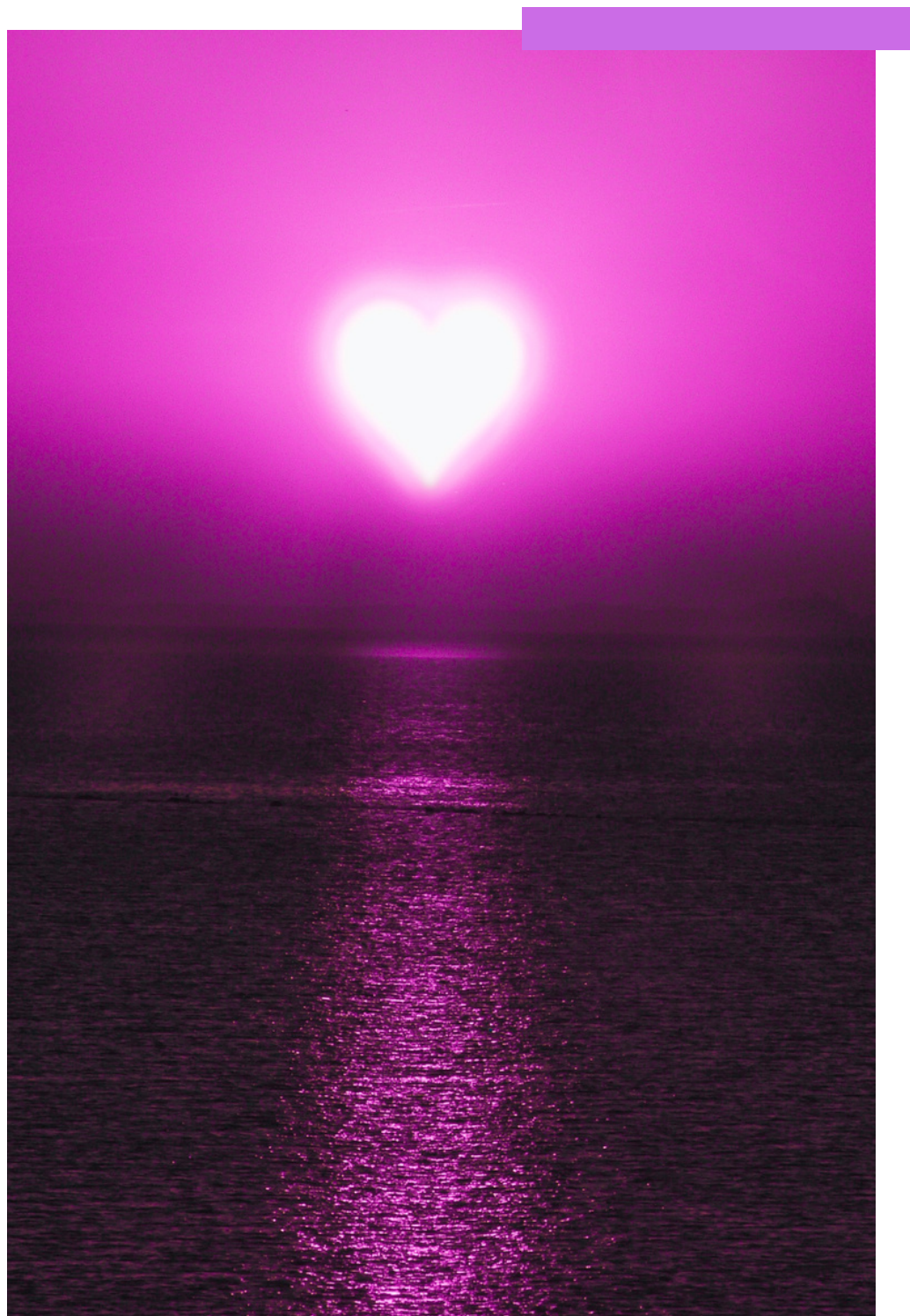
DIVINE LOVE

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.... Teaching Teachers.

www.som.org



03 Springfield

05 Columbia

06 Maplewood

07 National Vibrations

Coordinator

08 Dean of Intuitive Reports

DIVINE LOVE

09 From the Chancellor

10 The New Maitreya

12 Upcoming Events

13 Monthly Themes

14 Calendar of Yearly Events

15 Branches

A HERO'S JOURNEY FROM FEAR TO LOVE

By Mary Sudduth

I slumped into the common area. From my defensive position at the end of the dining table, I peered through the large serving window. Darkness fell upon me like a heavy blanket, while my confidence sagged limply some place between my ankles and the floor. Pots of water boiled on the stove and dishes were being washed in the sink; the air hung thick with steam. The atmosphere was oppressive. I wanted to run! Fear was rising in me saying “Run now, run”! Last night’s nightmare infested sleep had exhausted me, and running was no longer an option. As I stepped into the kitchen, leaving what natural light there was behind, I could feel the heat. A beautiful, gentle blonde woman, Lesley West from Dallas, stepped up to me. I know you; I thought while looking around me. This is the group of five I met yesterday, the first day of All- Student- Weekend. They were the ONLY reason I did not drive away the night before. When our five met to discuss the details of feeding 50+ people, yes some of us were hiding apprehension, but the overwhelming emotions were joy, peace, and git-er-done. The menu and even the recipes were written out, but that did not make me feel much better. “I’m not a cook” I yelled helplessly as I entered the belly of the beast; or maybe Joseph Campbells’ cave from his Hero’s Journey. “That doesn’t matter,” the gentle woman said while adding “we are doing this together.”

As we all began chopping, I could feel myself relaxing. The warmth and steam felt more like that light compression from my blankets at night; a feeling of security. I consciously let go. I let go of my fears. Tears flooded my eyes and subsided. Anger and embarrassment washed across me, but I had no time to focus on it. I melted into the rhythm of the kitchen. We laughed and worked and laughed and worked, and laughed, and laughed. I felt like I too was being crafted in that kitchen. As if while I was wrapped in the warmth and steam, I let these beautiful women these goddesses, reassemble my own nutrients and building blocks.

The food was prepared. Hours had passed and it was time for the presentation. As I walked out the back door of that kitchen, sunlight washed across my face. I held in my arms the first dish I had made that weekend. My offering to my community, the 50+ students at All-Student- Weekend. I proudly laid a large bowl of Coleslaw with the rest of our food, on a long wooden table in the woods. While watching your faces as we all ate, I felt like every one of you were old friends. I felt love, and we laughed.



GIVING AND RECEIVING WITH LOVE

By Brenda Anderson

With the holidays winding down, I am reminded that giving and receiving should not be attached to dates on a calendar.

I recently had the privilege along with two others to be a messenger of the Universe for the Springfield SOM. The house we were delivering this meaningful gift to was in the country amongst rows of fences and gates containing cows, goats, pigs and nature. As we drove along, we reflected on this act of giving anonymously, and the family in need receiving a glass mason jar filled with the gift. The glass jar was significant to me because it reminded me of the Universe; Clear, full, and open to those that would look with intent and meaning.

After delivering this gift from the Universe to a shocked woman who wanted to know who we were, to be met with “We are just messengers of the Universe,” we got in the car and drove away. We reflected on what this meant to each of us. As I listened to the others, I was reminded of a great gift I had received 30 years earlier.

As a young single mother of two children, I experienced the loss of my home to a fire. Thankfully, my children and I were safe. After securing a place to live temporarily, I returned to work at a company filled with millionaires, affluent, middle-class, and minimum paid workers. I was brought to my knees when those that earned the least handed me an envelope filled with one, five, and ten dollar bills. I was so grateful and humbled that I wept. Those who had the least gave the most.

This unforgettable act has stayed with me through the years. It has been a reminder of the importance of giving without expecting anything in return and receiving with humbleness.

We all have something to give with love and gratitude. It may be just a word, our time, an act of kindness, or money if we are able to.

The important thing is to give with love, humbleness, and gratitude. It is also important that we receive with the same attributes.



SELF + SELF

By Kate Wagoner

I have been learning about the Joy in connecting to the many aspects of my self, as well as with others. Receptivity and Divine compassion play a role in this. The other day, I went outside of my "standard routine" and went to a new restaurant. I simply observed the place and the people in it with curiosity, appreciation, wonder. When I Stilled my Mind, white Light began to flow. I genuinely asked a woman who was eating alone, "How are you?" We struck up a conversation. Before she left, she said, "Thank you for this." And I felt a shift Within. I love being received, and it is truly a Joy to see others, love others, create space for them to be themselves...When I suspend chattering thoughts or judgements, I truly see the beauty in people and can't help but fall in love. This is a poem dedicated to the Love Within. We are One, may we seek to let our Love flow...



"I am writing this poem in the name of Self expression, i used to think of the "self" as singular, as if i existed in a solo vacuum. nothing in or out. now i realize Self is connected to others, connected to Source, to Inner Divinity. Self is not the self, the self comes and goes with this life, the self dies a million deaths, if we are brave enough to die and change. self is created through likes, dislikes, limitations, strengths. self can be limiting...or proud.

Self is timeless and eternal, taking permanent understandings with us through the after lives- Self thrives in connection, Love, seeing and being seen, Receptivity, Stillness.

i used to think i was my self...my likes, my self likes the ocean, chocolate on my period, the first bite of a crisp organic apple, sleepovers, dancing in the rain, winning a game. or maybe i viewed my self through my dislikes- spiders, public speaking, things that go bump in the dark. i used to think my self was my successes or i was my failures, my deepest darkest fears. stay in that solo vacuum or other people will see your jagged edges. or maybe they'll see your brilliance. which one is scarier?

I now see my Self as the true Divinity that I am. the timeless and Eternal I AM. My Self is a Creator Being, sovereign ruler over my thoughts, feelings, beliefs, and attitudes. my Self loves others, community, family, self, and Divine Self. my Self is the permanent understandings that I have built through lifetimes- forgiveness, equanimity, Joy.

So, I write this poem in the name of Self expression. thank you, self for doing the best you could with the awareness you had. and thank you, Self, for your true magnificent beauty. i am you, and we are One."

HIGHER PERSPECTIVE

By Thomas Croft

Hello friends, it is that time for another article. My first article of 2023. The theme for this month is Divine Love, now this is a good topic to talk about. What is divine love? To me it is acceptance of what is in this moment and time. Now acceptance can be difficult at times, I must admit. For example, I have been with the school for almost three years come February 25th. One of the main things that I learned that really impacted me early on was "finding the good in every situation". This is taught early in the 1st cycle.

I have experienced moments of pure frustration with my mom. Now my mom is a very intelligent and beautiful woman, but there are times when Thomas (the human) takes what she says personally. Now gradually over time I began to focus on the good things about my mom, like her intelligence, her genuine care for me and my brother, you name it. In doing that I began to accept her for who she is. Before I joined the SOM I would have conversations with my mom and I'd get upset and I'm gone, out of the room. There was a part of me that avoided her and the learning that came with that experience. While studying at SOM, I began to view things from a higher perspective, something my 1st cycle teacher, Terrence-LaMont taught me. Now I SEE that our souls choose to learn a big lesson from each other in this lifetime. So, I will do the best that I can to make sure that that understanding is gained and added to The Self. Divine love is accepting the choices that our souls made before coming into this lifetime.



EXPERIENCES OF LOVE

By Stella Lynn Boggio



As I reflect on love, many thoughts come to mind. These thoughts are reflected in memories and experiences. What exactly is love? When I first became a student, in the School of Metaphysics, I was very guarded. I had been “hurt” by what I perceived love entailed. I had been told by others that I was “loved” but their actions did not seem to match their words.

At the end of class, in the first series of lessons at the School of Metaphysics we end class in an exercise called The Circle of Love. Part of this Circle of Love, is looking at each person, in the circle and telling them “I love you just because you are.” When I first started experiencing this interaction, I felt unnerved. I had not ever had, this type experience in this lifetime, of being loved unconditionally. My experiences of love were always with conditions. This was true, regardless of the relationship. It would seem to me, if I behaved or performed in a certain way, I was met with approval and validation. If I did not perform, in a certain way, “love” would be withdrawn. I was never sure what to expect. I became a constant people pleaser,,jumping through hurdles to get others approval and what I believed was love.

As I have evolved in my studies, I realize love comes in many forms. Recently, I have experienced love that is sometime I am being rather than becoming. If I am being love, I embody love. I realize love is not something I have to chase after or beg for from others. As I embody and be what I desire to attract, I will draw circumstances, people and conditions to me that express more of who I am being. There is no resistance or chase. This is extremely freeing to the soul. It is, in this manner, I recognize my own value and the value I radiate to the world.

As I become more compatible with the Creator, I perceive and experience the many facets of love. Love is a state of being where I connect to the all. Love does not depend on how I perform for others. It is truly a divine expression. It is not something that can be taken away or destroyed. It is a constant flow of well being and peace. It is expressing in a smile to a stranger and a hug from a friend. When we embody love, we are connected to the all and never alone.

As February is the month we focus on love let’s be that pure expression. May your love radiate peace and joy to yourself as well as others in your world. I love you just because you are.



DEAN OF INTUITIVE REPORTS

By Mari Hamersley

In my years working with Intuitive Reports, I have learned so much about love. Most importantly, I have learned that all love in its many forms is Divine Love. And this has changed my life so much. To give love to anyone at any time is our divine birthright, and simply stated, it is on all levels what I most want to do and to be. Love heals me and love heals others. Love makes possible what I thought was not possible.

So is it any wonder that as I prepared to write this, I came upon an article on the intuitive reports computer in the Peace Dome. I am not sure who wrote it, but it speaks of love so beautifully.

"God did create the universe and everyone in it as an act of love. So naturally, when this mother formed her desire to know—her petition, around the thought of knowing God—she received an experience of love. In God, love is complete. God's love is constantly surrounding us and available. Meditation is the receiving of the Creator. Each person needs to raise their consciousness and open themselves completely to receive this higher love. The result is truly life-transforming as Shannon, a College of Metaphysics student, learned when she received a Meditation Profile intuitive report."

"I experienced my greatest meditation in November 1996 at a Spiritual Renaissance Weekend. The theme present that weekend caused me to think about what the Creator means to me. I discovered the answer when I meditated before the closing Circle of Love. The excitement boiled through me. I found Love inside myself, deep down under, behind the protective wall where I so often hide, hiding from the Creator. I found openness and honesty. I found security within myself. I touched my soul and fulfilled a desire to learn if I had any Love inside to share with others as well as myself. How freeing it is to know if I'm ever in doubt, I can meditate and find the answer. It's there."

So much of what we offer at SOM teaches students how to cause their inner light and love to grow, enabling them to share these with others.

As they understand the nature of their own light and love, they can expand that to create a circle of love which empowers them to touch others' souls realizing their oneness with others.

Meditation enhances this learning and encourages the realization of uniting with the Creator from which all Love flows.



FROM THE

C H A N C E L L O R

By Stella Lynn Boggio

Matthew Chapter 13

Interview with Dr. Daniel Condrón

In Matthew Chapter 13, Jesus speaks in parables. His first parable is about the seeds. When a seed falls upon a rock, there is not sufficient roots to hold it up. Another seed fell upon thistles, and the thistles choked the seed. Another seed fell in good soil. This seed bore fruit, some one hundred fold, and some sixty and some thirty.

The disciples asked Jesus why he spoke in parables to the people. He said "Because to you it is granted to know the mystery of the Kingdom of Heaven, but it is not granted to them. They have hardened their hearts and they hear with difficulty. Jesus also says, " That which was sown upon good soil, this is he who hears my word and understands it, so he bears fruit and produces some one hundredfold and some sixty and some thirty. He related another parable. "The Kingdom of heaven is like a man who sowed good seed in his field." When the man slept, the enemy came and sowed tares among the wheat and went away. The servants of the landowner came and said, "Do you want us to go and pull the tares out?" Jesus said, It might happen that while you were pulling out the tares, you might uproot with them also the wheat. Let them both grow together until the harvest; and at the harvest season, I will say to the reapers, Pick out first the tares, and bind them into bundles to be burned; but gather the wheat into my barns.

Jesus related another parable. The kingdom of heaven is like a grain of mustard seed, which a man took and sowed in his field. It is the smallest of all seeds; but when it is grown, it is larger than all of the herbs; and it becomes a tree, so that the birds of the air come and nest in its branches.

Jesus also told another parable. The Kingdom of heaven is like the leaven, which a woman took and buried in three measures of flour, until it was all leavened. Jesus spoke in parables and without parables, he would not speak to them.

Jesus's disciples came to him and asked him to explain the parable of the tares of the field.

Again, the kingdom of heaven is like a net which was thrown into the sea and it gathered fish of every kind. When it was filled they gathered fish and sorted them on the shore. The good ones they put into a heap and the bad ones they threw away. So it will be at the end of the world; the angels will go out and separate the bad among the righteous. When Jesus finished these parables, he departed. Then Jesus went to his own city and taught these things. The people questioned how he knew these things. Jesus said to them, "No prophet is mocked, except in his own city and his own house. Jesus did not perform many miracles there because of their unbelief.

1. What are some of the ways people "Harden their hearts" towards the teachings of Jesus?

Fear. They believe in the illusion of separation. Greed and jealousy.

2. Would you explain how the parable of the tares(seeds) of the field relates to humanity?

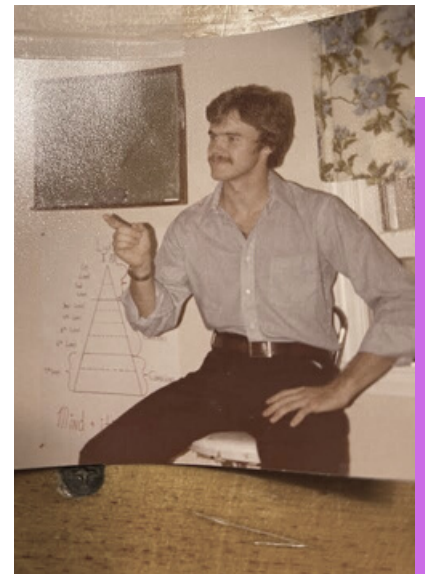
The people that have unproductive thoughts and think negative at times seems to crowd out the people that think positive. In the same way concerning the individual, negative thoughts can seem to crowd out positive thoughts. This is why we want to cultivate positive thoughts.

3. When the angels separate the bad from the righteous, where will the bad go?

They stay right where they are. It is only those that align with Jesus's teachings that earn the right to progress to a higher state of being.

4. What are some of the reasons a prophet is not welcome in his own town?

The people in the prophet's own town do not see or perceive him as he is in the present moment. Rather they project their memory thoughts of what they thought he was ten, twenty or thirty years ago onto him in the present moment. Therefore they do not see, perceive, receive or know Jesus as he is in the present moment.



THE NEW MAITREYA

How many dreams can One have during a single lifetime?

During the day, the possibilities seem unlimited. In this computer age, a constant fount of dream worthy content vies for our attention 24 hours every day. We can watch an endless stream of how someone else is living their dream. Sometimes, we might be stimulated to think their dream is our own.

Maybe you wonder, as I have, why I am attracted by one person, while others leave me neutral, or even cold. The experience of scrolling through content on a cellphone is a recent technological development, but the cosmic law that drives attraction is as old as our universe. Metaphysical teachings seek to explore truths that apply to us all.

In everyday happenings, Tao brings people together auspiciously in order to strengthen deficiencies or to soften excesses. Tao - or God, Allah, Great Spirit, the Creator in any language - describes The Presence of infinite possibilities manifesting through the finite experience of any One.

That is the way we meet our destiny in our day-to-day lives. It is the least line of resistance.

Through a series of emotional charges, we interact with others. We need something, and someone who can help us fulfill that need, walks into our lives. Sometimes as if by magic! Or, destiny.

Living this way becomes a roller coaster of extremes.

When life is good, it's very good. And when it's bad, it can become a nightmare. Whether we feel scared or overwhelmed or empty, we desperately want another life!

Sometimes trauma and turmoil stir us from the trance of living by external charges. All we want now is to make sense out of the ups and downs. When no answer seems to be forthcoming in our daytime

We sleep, but the loom of life never stops and the pattern which was weaving when the sun went down is weaving when it comes up tomorrow.
-Henry Ward Beecher



hours, that is when another way to meet our destiny opens. Exhausted, we come to the end of thinking and we have – a dream!

Have you noticed that during the night, there seems to be a single dream at any given time?

Although night dreams can change scenes from moment to moment, there is a continuity, a flow that exists apart from the way our conscious waking minds function. For our subconscious mind, just one dream is worthy of our attention. This is what creates the loom of life. The sense that all dreams are connected; they belong with and to each other like the grains of sand on the beach or the drops of water in the ocean.

When your subconscious mind dreams, it focuses on uniting diverse aspects of the Self. When there is One sense of Self, we awaken to the pattern. Destiny becomes something very different.

In order to bring our vision forward, we first turn inward. We inhale, then we exhale.

Dreaming brings together what appears to be separate so that each of us can discover the seamless unity in what is unfolding around us.

Recently, I have been standing on a worldbridge as one of my students crosses over. He moves in the inner levels of mind. His quest - to unwind the dense cords of family karma. Releasing the temptation to celebrate personal trauma, this man relinquished victimhood at a young age by reclaiming the Truth that he is not what happened to him. *He* is the Dreamer, the one who interprets the dream.

Claiming this autonomy, emboldened through Self Respect, this man's journey is freed from the confines of a calendar of days. His life is the holographic journey of the one who is a Christ, a

Buddha, a Mahavira. Years in the unraveling. Lifetimes in the weaving. He knows that as he does the work of healing the Self, balancing the karmic indebtedness and not leaving it to his own children to pay, his frequency elevates and all of humanity is the beneficiary.

He has wrestled with ‘the father’, committing himself time and again to be the man he believes himself to be. To resist the ease of falling into anger, causing damage to those he professes to love, as his father did. And as his father’s father did before him. To write a new story that is coherent between head and heart, where ‘the father’ is trustworthy.

He has forgiven ‘the mother’, repeatedly, for his feelings of emotional extortion. Facing his self-imposed boundaries to his loving he feels unconditional motherly love as a foundation within him, strengthening and steadying him.

Maturing love does not just happen. It

requires a Witness. I am honored to be that for this man as he steps into his destiny.

This week, in our work, the 1st contemplation that surfaced was described as *“The person tries to find unity in father and mother.”*

It was easy for my student to ground this in the daytime story that has been unraveling since before the holidays. The grandpa being careless with the grandson. Offering an embrace, then reacting when the grandson seemed to have something better to do. And so, being hurt or at the least offended, when the grandson returns, grandpa spurns him.

Seems so easy to see it when you read it here, isn’t it?

The little slights that become in time huge gaps in our understanding between people.

And of course there is the part the mother plays. She either turns away, because she loves them all. Or excuses her husband while risking losing her own son. Or attempts to negotiate a more harmonious outcome even when she knows her husband will remain the warrior as long as he wants. After all, he always has.

My student stands in the middle of it all. In the center of his bridge. Feeling it all. Thinking it through.

“The person tries to find unity in father and mother.”

The first inclination in the outer conscious mind pattern is for the man to feel the need to make the peace that seems to elude his father, his mother, his own son. He doesn’t quite see it. Yet.

My first inclination in the outer conscious mind pattern is to respond to his need, because, after all, I am charged with the duty.

Being so charged, and being the Witness, I wait. In silence.

Three hours later, life shows him the challenge through a conversation he has with his father.

He shares the update with me.

The door opens ... and I send him the following in a text

In the Dream language, Father-Mother is the generative source for our dreaming. It is the image of the Yin and Yang principles made manifest - first in Spirit, then in the flesh. So Father-Mother are, together, the Inner Urge shining like a thousand suns while it pours forth from the depths of our Being.

THAT is the Unity you are seeking.

THAT is the only Unity we can/may/should know.

Thus the one who will be Christ says,

***‘Seek ye first the Kingdom of Heaven
and all else is given unto you.’***

This is true for each of us.

Your Mom. Your Dad.

Your Wife. You.

The Children.

I am thrilled by how you navigate your Spiritual Initiations.

You are the Light IN the World.

The time has come. It is now. Each of us can now be the Light **IN** the World. I call the Spiritual Initiation RADIANCE RESONANCE.

Loving you all ways,

Dr. Barbara Condron

*“Whatever is destined
not to happen will not
happen, try as you
may.”*

*Whatever is destined
to happen will happen,
do what you may to
prevent it. a is certain.*

*The best course,
therefore, is to remain
silent.”*

– Ramana Maharishi

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

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: 36 - Trouble When disagreements flair, your comfort is questioned. You are not here for comfort, you are here to inherit the treasures of the earth and invest them in heavens bank.

Devon Hoover: 44 -Morality-For those who create, heaven and earth are the playing fields. Stories that must be told seek their kin. Story tellers plot their course mindfully, respecting the soul's purpose, respecting the inner urge, before any theme is chosen.

Stella Lynn Boggio: 64-The Matrix- Understandings can get lost in a confused mind. Troubles with cause unknown activate fates web. Its easy to believe that more thinking is a remedy. More thinking tips the scale; fate holds her hand.

Kate Wagoner: 15 - Peace -The need for experience surfaces after understandings are well used. The unexpected descends uncreated by conscious awareness. Superconsciousness plan for creation takes subconscious form in solitude, alone, the tree of knowledge.

ILLINOIS

345 Manor Court • Bolingbrook, Illinois
60440 • (630) 739-1329

5021 W. Irving Park Road • Chicago,
Illinois 60641 • (773) 427-0155

222 West Wilson • Palatine, Illinois
60067 • (847) 991-0140

INDIANA

6138 North Hillside • Indianapolis,
Indiana 46220 • (317) 251-5285

IOWA

3715 University • Des Moines, Iowa
50311 • (515) 255-5570

KANSAS

4323 Rainbow Blvd • Kansas City, Kansas
66103 • (913) 236-9292

Missouri

103 West Broadway • Columbia, Missouri
65203 • (573) 449-8312

1033 E. Sunshine Street, Springfield,
Missouri 65807 • (417) 831-0955

2606 Oakview Terrace • Maplewood,
Missouri 63143 • (314) 645-0036

Oklahoma

908 NW 12th St • Oklahoma City,
Oklahoma 73106 • (405) 228-0506

3355 S. Jamestown Ave •Tulsa, Oklahoma
74135 • (918) 749-8833

Texas

Texas 5832 Live Oak Street • Dallas, Texas
75214 • (214) 821-5406

SCHOOL OF METAPHYSICS
BRANCH LOCATIONS
EMAIL TO
(CITYNAME)@SOM.ORG

WORLD HEADQUARTERS
163 MOON VALLEY RD
WINDYVILLE, MISSOURI
65783 • (417) 345-8411

