

Volume 53, No 5 - May, 2023



VIBRATIONS

A MONTHLY NEWSLETTER

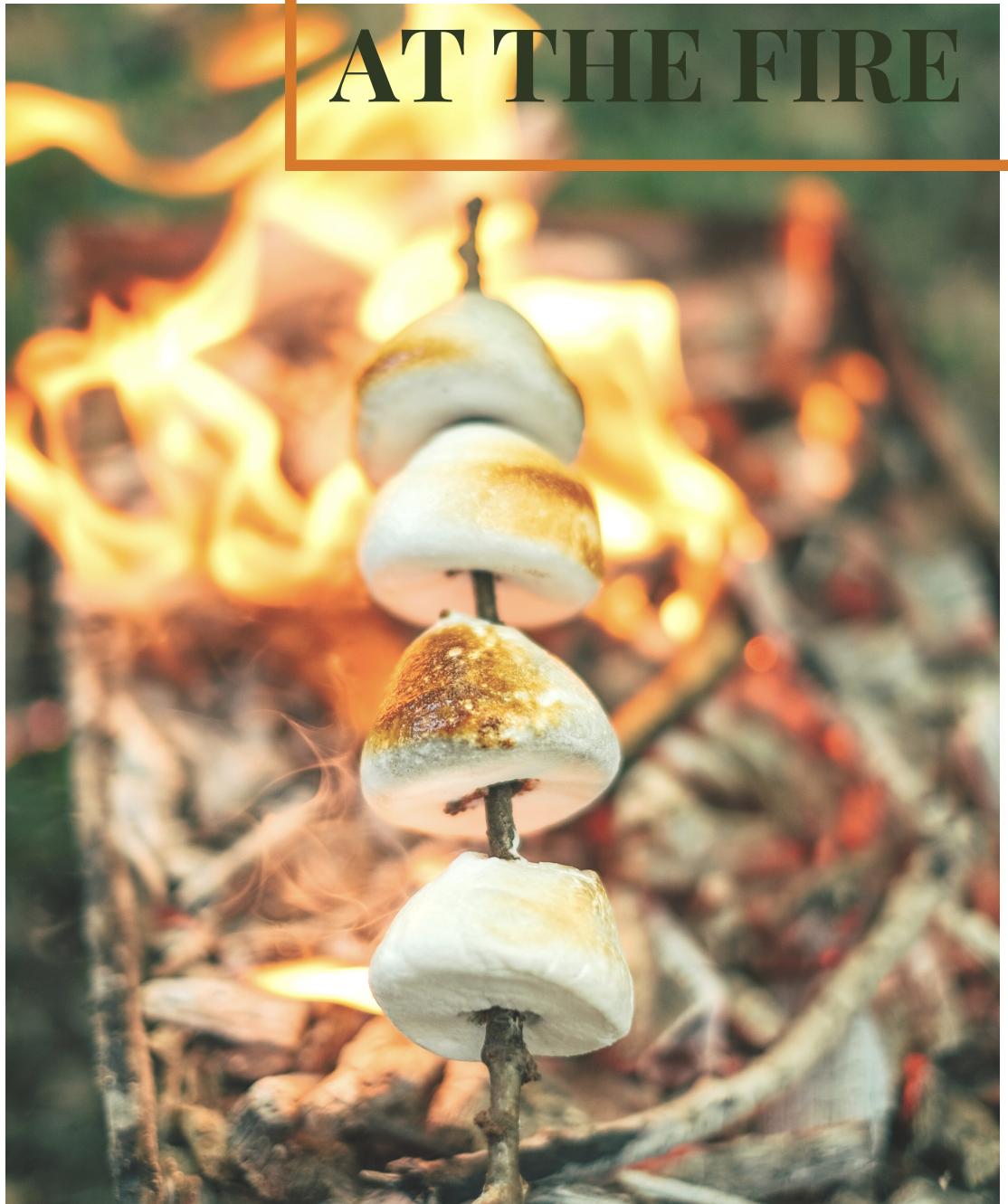
GATHERING AT THE FIRE

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



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WHILE GATHERED AROUND A CAMPFIRE

By Mary Sudduth —————

Sitting in the crisp cool darkness of a fall night, surrounded by strangers with only the familiar light of a campfire, somehow I felt warm, and welcome. Brian Hoover, Rodney Dwyer, and many others gathered in the backyard of the Springfield School of Metaphysics, playing guitars and singing.

Looking up into the chaos of constellations and stars above me, I said out loud but to myself, "Where am I"? I could see Polaris in the neighbors' back yard just at the tip of Mr. Smith's chimney. The North Star, not very impressive at first sight, but it is always there; in the same old place. I depend on it to get my bearings at night. Well, it looks like I'm in the "same old place too". Looking around at friendly faces, I could see those who wanted to give as in song or company, and those who needed to receive. Some were students and some were new, like myself. None were familiar, but I couldn't help thinking about Carl Sagan's words, "the first star that exploded from pre-cosmic nothingness provided the ingredients that eventually became the basic elements of all that is." As they say, we are all star people and the world we inhabit is made of stars.

An ancient Chinese shaman once wrote that a heavenly fire, a minute piece of Polaris, is gifted to us at birth. It is to be held within our hearts, guiding us to our true north, the path of our true nature. So, it is our hearts and it is truth that connects us to one another and to the universe. This is the fire we gather around.

I continued, thinking about the new people around me. Thinking about those who were giving and those who were receiving. Some were receiving openly and joyfully; me not so much. Yes, I was receiving, but not to the level of heart. Not to the level this kind of sharing and joy is best received. Remember, we were just talking about the heart. We were talking about my heart, your heart. I guess that would be our hearts. Where was my connection? We say "give and receive fully." I realized I was not receiving fully. I had given my whole life, but I didn't know how to receive.... fully. I was denying myself dessert, so to speak.



THE STORIES WE CREATE

By Kate Wagoner —————

The only thing better than s'mores around an open campfire? A captivating story around one.

That is one of the many Joys of my day – storytelling. One element of an engaging story is imagination. If a person has an expansive imagination, and the energy to match, then anything is possible! Imagination and a productive will power are key ingredients to manifesting what you want out of life... and Being compatible with who your Soul truly is.

I have an opportunity to tell stories every day. I work with children at a preschool and we have “line time” every morning, where we gather in a circle and do a group activity. One of mine, and my students, favorite activity is making up stories. Sometimes I encourage them to improvise – we all go around in the circle and everyone gets a chance to add to its group creation. Other times I just tell them a story that I make up as I go along.

The beautiful thing about stories is that you can lose, or find yourself, in the life of the story, and when you are telling it; you are the narrator. That means that you have the inner authority to change the script, enhance the characters, and enjoy new wonders. Many are growing awake to the power of our Whole Minds. Just as a story teller is the personal Creator of the story, we are an important co-Creator in our own lives. We hold the pen, we speak the Truth, we create with our thoughts and words.

In our classroom stories, we have been silly toilet paper rolls trying to “make it” in Hollywood (which was actually a frozen food section of a grocery store and somewhere along the way we became talking potatoes) to genuine heroes and heroines who overcame trials with courage, learned important life lessons, and loved Self and others along the way.

As you can see – absurd, silly, farfetched. And also, inspiring, connected, and True.

So it is with Life.

Life is an amalgamation of emotions and experiences. We choose to come to Earth to experience Life, resulting in gaining permanent understandings and aspects of Self. That’s one of the many things I fall in Love with about Life and the people I meet – the stories.

If you don’t like the way your book is unfolding, stop.

Seize your pen and start writing with a new perspective.



SYMPOSIUM

By Gino Crededio —————

Anyone who knows Gino Crededio knows that he has a love of many things. He loves to read, he loves cartoons, he loves his girlfriend, he loves the School of Metaphysics, he loves food, but he especially loves to talk! So when he was challenged as the director of Palatine to create something with his branch, he thought that nothing could be better than a symposium.

These days symposiums are often something like a conference where presentations and talks would be given on a topic. Perhaps research would be shown or a workshop given. However, few know that the word symposium is actually an old Greek word for "drinking party." Now obviously, no will busters would be enjoyed, but guests from within the School and the public could hear the words of many speakers while sipping on the simple joy of sparkling juice.

Gino had the idea to present many talks on various aspects of spirituality and educate the public, the latter of which Gino sees as a primary duty of our School and any school for that matter. Guests were members of the public, students from the North area and more than a few alumni, including former director Sandy Leitner. The event featured four speakers and the consumption of much pizza.

Gino began by giving a talk on "What defines Spiritual Education" a preparatory piece for the presentation he will give at the Parliament of World Religions in August. Rita Rikavec stole the show with her talk on "The Accelerated Mind" detailing her long journey of growth and claiming of voice since beginning spiritual practice. Mike Moffa gave a moving piece on "Why Metaphysics?" explaining the growth and change one can enjoy through dedication to our program. And Dr. Kerry Keller gave a much needed talk titled "Who's in Control of Your Mind Anyway?" showing how conditioning can make us unconscious and how we can reclaim our authority. Of course spiritual practice must be experiential too, so the attendees were given the opportunity to have experience through soul gazing and the candle exercise.

The event was small and though there were some challenges bringing it together as new students originally excited for it discontinued, Gino is incredibly grateful especially to Dani Fallon and Mike Moffa for helping him to create the event. A lot of potential is seen in this opportunity to give students, teachers and experts the platform to share their knowledge and, more importantly, their voice. This may yet turn out to become a mainstay event of the Palatine branch.



LISA CROSSING OVER

By Kate Wagoner

We come to Earth with the purpose of building permanent understandings gained from lived experiences, as well as with the purpose of being compatible with our Creator. Events, situations, and relationships come into our outer world so we can ask ourselves, in our inner worlds,

"Why is this in my experience? What am I learning through this?"

This morning, the community at the College of Metaphysics had the opportunity to ask ourselves those questions when we awoke and learned of the passing of one of our students in the Gatehouse building.

After the initial shock had passed, we all gathered in the upper floor of the Peace Dome to honor her Spirit and hold her in Loving Light, assisting her in the transition from this physical life to Beyond.

The energy around the circle was expansive. The energy in the Peace Dome, as well as on the College land, is conducive to healing because it is built on Sacred energy meridians. The land and buildings on the land have been places of learning, insight, and higher consciousness education for nearly 50 years.

"Why is this in my experience? What am I learning through this?"

As I held Lisa, and our community, in Loving Light, the essence came to me, "Love." My Ideal for this weekend was to embrace open, Higher Hearted Love for the purpose of giving, receiving, and sharing.

It became very clear to me that Lisa was at peace. She chose to pass in a place of Love. Her Soul is at peace and she has taken the loving hand of a guide to assist her in her transition to Beyond.

This experience is in my awareness because it caused me to open my eyes, open my Heart, and perceive beyond the physical. To look and Love Within, and to share that in the Outer.

I felt tears release as I was so grateful to be a part of this space for Soul growth and evolution. Love is in front of us. Love is Within us. Love is all around us.

Thank you, Lisa, for your gift of Life. And for the opportunity you presented to me to open my Heart to Love.

What is it's all perfect? I trust that Lisa's Soul, and all of ours, are becoming more and more compatible with our Creator each lifetime we spend learning and gaining understandings.

May we all see what is in front of us with Love and honesty, receive from our experiences, and open our Hearts to Love.



DEAN OF INTUITIVE REPORTS

By Mari Hamersley

What does Gathering at the Fire, the topic of this issue of Vibrations, actually mean?" I wondered when I first heard it. Of course it is more than physically getting with your friends around a campfire, singing songs, roasting marshmallows, or just watching the flames. "And how is it related to Intuitive Reports?" I wondered. Yet the more I thought about fire, I realized something important.

In the Universal Language of Mind, fire represents expansion. Indeed, the SOM Intuitive Reports help the person requesting them to cause expansion in their lives. They give information and insight for the purpose of causing soul growth and spiritual development. And when a person gets a report, it is like gathering together many aspects within Self specifically for the purpose of expansion.

Remember what it is like to gaze into a fire, to look into it deeply. It transports us and in some ways heals us. What you see there is bright, active, glowing with energy. These are all ways that intuitive reports help us to be—alive, brighter, moving forward, truly expansive. And for anyone who wants that, there is such value in our intuitive reports, an excellent tool for inner and outer expansion.



THE NEW MAITREYA

by Barbara Condron

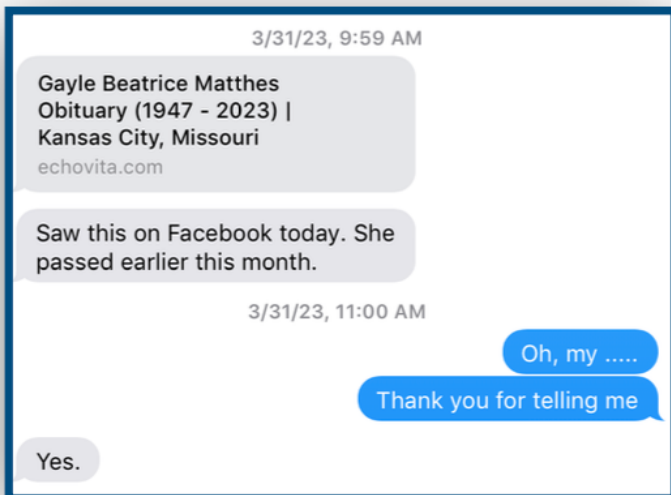
Have you noticed how quickly 'news' can completely change our lives?

Perhaps, like me, your mind is open to such meditations. Because I am curious, one of my lifelong lessons to learn and to teach in our Earthly schoolroom revolves around replacing reaction with response.

Allow me to give you an example. I can illustrate it through phone texts during the past month. The first text came to me from Dr. Christine Madar, a graduate of the SOM program of study and currently a Peace Ambassador at large who actively sustains connections between generations of the SOMA population.

In recent years, communications between us are mostly inner level, intuitive. On occasion we are in the same place, and it is always enriching to us both, usually carrying deep meaning. So when a text from her appeared on my phone, I was delighted!

Then I read it.....



Shockwaves.

I hold my concentration on a single point and watch the waves move up and down and all around that personal connection we were given to share in the 70s and 80s. So long ago, and just yesterday. Do you feel me?

Shock is a natural (and always disturbing) part of my life. Ever since my grandmother's dog bit me when I was 5.

The 'trauma' and 'wound' as it is called nowadays by many. For millennia in the East, it has been known as karma.

Shock is that reaction to the unexpected that always carries pain. Particularly when the situation is physical death. The loss of opportunity seems permanent to the conscious mind, because it IS permanent.

The One who was, is no more.

Depending upon the degree of relativity, and the conscious wakefulness in Self awareness, the shock can be instantaneous or it can be so profound that it persists for an entire lifetime. And into the next.

And the next. And the next.

This is what is meant when Holy Scriptures speak of "rebirth".

I understand rebirth as a daily experience. For me, it is more than an intellectual idea. It is the moment we experience incarnation, embodiment as you will hear it called today.

For years, I have practiced staying with my Self during the daily death and rebirth. Most have learned to call it going to sleep and waking up. Over twenty years of SOM dream study, this evolved into "as I lose consciousness" and "as I reclaim consciousness". Through twenty more years, Dreamwork (and Intuitive Reporting) taught me everything I need to know about rebirth, and it continues to open the multidimensional gates for Self integration.

Dreamwork IS the resurrection of consciousness.

At that level of awareness, Life begins becoming a dream.

As the shockwaves about Gayle passed on through me, I came into the clearing where my pain of resistance dissolved, and gratitude became clear.

Grace. Celebration. Peace. Eternal Life.

Another text exchange, with another Divine Companion, who also knew Gayle, brought it forward in me. Isn't the sharing experiences with others a fount for Crown Chakra energies? He said....

When I surface from the SHOCK to my physical system and all the karmic debt in the DNA programming, I clear

Whoa, I had not heard about Gayle either. I deal with thoughts of time running out, contrasting with experiences of timelessness. I'd rather settle in with the Timeless ones.

“Awakening is always a surprise. It comes once and only once, and after it has come, it stays forever.”

-Gene Key 51

3/31/23, 11:14 AM

Yes, time. I have often marveled at that moment between life and death, death and life. One moment I am awake, the next gone..... asleep. One moment Gayle is living in the world somewhere, her Light shining, a Healing Presence all her own, and I am at peace about that. Then a text.... words..... carrying news that is actually weeks old ... but I didn't know why didn't I know? changes everything. What was is no more. Just amazing, the human trying to think without mindfulness. Barbara is shaken.

Yet, I, the true I, celebrate Gayle's liberation. She was a great Light for 3/4 of a century. And what we have been given to witness in those decades.

THAT in me which was before Barbara and will be after she is long gone, THAT in me now - which is timeless - is at peace that the illusion of separation has run its temporal course

Jesus demonstrates how to become the Christ. Gautama; how to become the Buddha. The message in the first two Spring Festivals is

RESURRECT YOUR CONSCIOUSNESS TO AWAKEN TO WHO YOU ARE, WERE, WILL EVER BE

Wesak, the Eastern equivalent to the West's Easter, comes May 5th this year. Wesak is the time to cherish AWAKENING.

Awakening is the word used to describe the 51st Siddhi in the Gene Keys.

“It is not possible for a human being to awaken without first stepping fully into their creative independence...”

We are entranced that certain people seem to go through experiences that permanently alter them and put them in touch with a reality that we cannot see but can still sense.”

Will you consider joining me in making this month's contemplative focus this quality of AWAKENING? I guarantee it will bring many

blessings.

And one more note....

The 51st GK describes how the School of Metaphysics' evolves. For those too young to remember or those too old who may have forgotten, be awake to the place Wesak holds in the origin of the School of Metaphysics. None of us would be here, together, without it.

Satyagraha! •



my Self. Shock becomes Surprise. The “I” begins dissolving into a higher consciousness available through the inner levels of Mind. The world of our DREAMING.

Every time I am recall a dream from my nighttime sleep, I know I have an opportunity to resurrect my consciousness. All I need do is interpret that message in the language is written, the common language our Dreaming Mind speaks.

How essential are each of the daily Spiritual disciplines to the REAL experiences of birth and death, and all the moments in between? Incalculable.

When I began writing this days ago, my focus was RESURRECTION leading to MINDFULNESS. The teachings of the life of Jesus build upon the teachings of the life of Gautama.

Learning Through Play at National Teachers Meeting

By: Stella Lynn Boggio

The first weekend of April, at School of Metaphysics Headquarters, involves the gathering of several teachers, from all branches for our National Teacher's Meeting. This is an interactive time for learning and development. I always receive something very special, at these meetings.

On Saturday morning, Dr. Christine Spretnjak, engaged the teachers in a game of concentration. Engaging, in this game, brought my awareness, of this important skill, to a new level. The previous evening, when I arrived at the college, I felt extremely tired. I had been driving all day and thinking a lot. I saw Dr. Christine, at the dinner table. She asked me how I was doing. I said "fine, however, I feel really tired." We engaged in a conversation. I realized I had been thinking really negatively, on the car ride to the college. Since thought is cause, this would explain why I felt so tired when I arrived for dinner. Dr. Christine reminded me that this was a habitual pattern of mine. It was not comfortable and it did not feel good. However, it was familiar. The pattern is familiar, even if it does not serve me, in the present moment.

The next morning, we played a game at the session Dr. Christine was leading. This game involved the skill of concentration. One had to be focused on their own cards, as well as the cards of the other players. If a player's mind wandered, they would have a difficult time remember what cards were picked. I experienced, the power of a focused mind. I also was engaging, in a playful activity. This is how children learn best. This would also be true of adults.

Dr. Daniel Condrón did an expansive talk on the (stages) steps of attention. The stages are as follows: 1. Directed Attention (candle flame). 2. One becomes aware of where one's attention is. 3. Maintaining the attention of where one's attention is. 4. One becomes aware of when one's attention wanders. 5. One becomes aware of when one's attention wanders more quickly. 6. Resistance to focused, discipline attention weakens. 7. Space between each thought increases. 8. One becomes immediately aware when one's attention wanders. 9. One becomes less and less aware of anything other Than the candle flame and one's attention. 10. Attention is maintained as long as one's chooses. 11. Concentration becomes interior. 12. Self realizes there is no separation between exterior and interior. 13. Oneness-I and the father are one. Oneness with the all. It was helpful for me to receive this teaching in this manner, especially the last three steps. I realized there is no "out there" and everything begins and ends with me.

Another interaction that impacted me with the trivia game Area Director Mavis Curry led. The questions were based on historical events out of past issues of our Thresholds Magazine. Upon reflection, after the game, all the teachers reflected on why the history of the school is important. Some of the reasons are as follows: To know who created and manifested the vision and origin. Gives us value and importance. To answer questions from students. It's important to know where we came from so we know where we are going. To know the past also helps to not repeat errors that have already been assimilated and corrected. Lastly, to have a "vision of where we've come from and where we yearn to go."

Overall, the weekend brought connectedness and growth. There was laughter and play. This is what impacts my consciousness most. I will hold fond memories, of this weekend, for years to come.



FROM THE

CHANCELLOR

In Matthew, Chapter 15, the Pharisees and scribes question Jesus about his disciples. They wonder why his disciples disregard the tradition of the elders by not washing their hands when they eat. Jesus answers them. "Why do you disregard the commandment of God on the account of your tradition?" God said, Honor your father and mother, and whoever curses his father or his mother, let him be put to death. Jesus says that "You have rendered useless the word of God for the sake of your tradition." Jesus referred to the prophet Isaiah who said, "This people honor me with their lips, but their heart is far from me. And they worship me in vain when they teach the doctrines of the commandments of men."

Jesus continued to teach in parables. He spoke of the Pharisees, "Leave them alone; they are the blind guides of the blind. And if the blind lead around the blind, both will fall into a pit.

Simon Peter asked, explain this parable to us. The parable was what comes out of the mouth comes out from the heart; and that is what defiles a man.

Also, a Canaanite woman approached Jesus crying for help for her daughter who was afflicted with insanity. His disciples came up to him and urged Jesus to dismiss her.

However, the woman had great faith. It was because of her faith, that her daughter was healed.

Jesus departed and came toward the sea of Galilee. He went up and sat on a mountain. Many people came with afflictions and Jesus healed them all.

Jesus had compassion for the people that came to see him. Some went without food for three days. His disciples asked where they could get the food to feed the people. Jesus asked, "How many loaves of bread do you have?" They said seven and a few small fish.

Jesus ordered the people to sit on the ground. Next he broke the bread, gave thanks and gave it to his disciples. The disciples gave the bread to the people. Everyone ate and the fragments that were left over were seven full baskets. Those that ate were four thousand men, besides women and children. When Jesus dismissed the people, he went to the boat and came to the border of Magadan.

By Stella Lynn Boggio

Matthew Chapter 15

Interview with Dr. Daniel Condron

1. Why was it important for Jesus to speak and teach in parables?

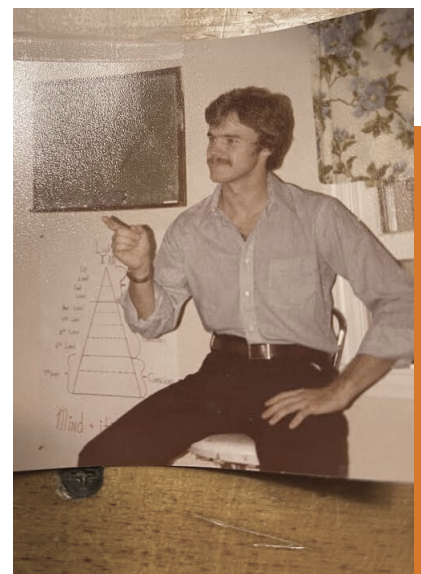
The Universal Language of Mind is in pictures. The pictures form a story that we can understand.

2. Why is faith important to an individual seeing a healing?

Faith enables one to open the heart and the mind. If the heart is not open one cannot receive the healing.

3. Explain how Jesus fed the multitudes with seven loaves of bread?

In the Christ Consciousness, there is no limitation. For one who is one with the Heavenly Father, there is complete abundance.



SEEING THROUGH 100 EYES

By Terrence-LaMont Bellows

There's so many different ways of seeing God through These Eyes of Man.

The wisdom is knowing that not one deserves more praise than the other.

"We must transcend whatever separates us."

Universal Peace Covenant

Sometimes the growth is slow. Other times it's like moving through the sky like a bolt of lightning, trailing through the cosmos bringing reality focus into being through the sheer capacity to understand the self as alive.

All these ideas about perfection and reality cause a disruption in the expansion of the human experience. Fear and imbalance. The need to arise into wiggle room. To see that as an evolution. There is a heavy push on the self who chooses a life of spirituality in this era to not have reliance upon the body. To not believe in the body as much as one would believe in the soul. A higher vibrational quality of belief is of the strongest compassionate and useful expression of the understanding that is found in a moment. Stretching the self to realize that abundance consciousness includes both. It always includes the concept of "both." There is no one thing greater than the other. It's always dependent upon what the self is prepared for and wants to understand, not wants to push, not wants to force, wants to create. What is the desire of the whole self is the only question that is relevant when the self is still. When the self is moving and the mind is active and working toward fulfillment then there is a need to recharge and refill the feeling of emptiness. Whereas the true experience of emptiness has no end or no desire.



A POEM

By Devon Hoover

*The Universe in an atom,
The Ancient in the new,
All that stands Unnamed
Is reveled in by You.*

*Time without limits
Can see You from Within.
The Stars, they all are shining
Through the veil of human skin.*

*Beneath You are the answers
That birthed every grave.
Before You are the questions
And the mountains that have caved.*

*Resting on the ground
The Untold Infinite lies.
And what draws in Your breath
Opens into skies.*

*What does now reveal itself,
Know its Ocean in the drop;
And what is now beheld by You,
Thinker of all thought?*

*I glimpsed that Your eyes were my own.
Believed. And then I knew.
You Are. I Am.
I take me into You.*

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

COLLEGE STUDENT EXPERIENCE

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

SUNDAY, MAY 14TH - SUNDAY, MAY 21ST

**ARRIVE BY 5PM FOR DINNER ON SUNDAY, MAY 14TH AND STAY THROUGH THE STILL MIND
WEEKEND THE FOLLOWING SUNDAY, MAY 21ST.**

4 REASONS WHY THIS IS FOR YOU:

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

**PLEASE SEND IN AN IDEAL/PURPOSE PAPER AND A MINIMUM DONATION OF \$80 FOR MEALS
AND ROOM AND BOARD TO THE COLLEGE OF METAPHYSICS BY WEDNESDAY, MAY 10TH.**

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

2023 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: 82, The Alchemist A thousand suns blaze in heaven's sight. All that matters is the conscious understanding of today. Anything can exaggerate until the origin seems lost, yet the Source constantly abides on the other side.

Devon Hoover: 96, Giving My precious temple, you serve me well. I am radiant in the ten directions. The Teacher knows ideal, purpose, and action as One. Surrender all you have been, are, will be, and the blessing is yours.

Stella Lynn Boggio: 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.

Kate Wagoner: 77, Master Your dreams carry the message of all fortunate births, Subconscious Mind knows what is beyond Conscious Mind's grasp. Look within to elevate your expectation. There the perspective of the Inner Teacher will make you laugh.

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