

Volume 53, No 6 - June, 2023



VIBRATIONS

A MONTHLY NEWSLETTER

HOPE

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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HOPE

By Mary Sudduth

Miriam Ayala Seco, one of the graduating students from Springfield School of Metaphysics, shared with deep emotion a journey through giving, receiving, faith, HOPE, and healing last week during class. Some of us nodded our heads in acknowledgment. Tears made their way down our cheeks, and we all went home that night with a warm satisfied feeling as if we had been given a gift. I believe it was Miriam's deep understanding and resulting reverence for the very corporeal, tangible nature of an intangible or spiritual concept. It was so real, so palpable – what I and many of us long for in the study of metaphysics.

Miriam has a gallbladder filled with very large stones, too large to pass through her common bile duct. After an especially excruciating episode one night, Miriam's doctor gave her "the options". They ranged from surgery to gangrene, and every option came with complications. A few months before this event, Miriam had just recovered from a complicated fracture of her tibia and fibula. She followed the instructions of her care team and made an amazing recovery. Miriam feels that she fought for the use of her leg, and now finds herself as equally dedicated to her gallbladder.

What is that I hear? Crickets? Are you asking how a gallbladder made us cry and what this is all about? Well sit down my friend and allow me to tell you the story.

As I said, Miriam feels dedicated to her gallbladder or more like dedicated to her body as an expression of God in the physical, the Divine Yin that holds Divine Wisdom within us. We have spent too much time ignoring our bodies. It is time to become quiet and listen. She made an agreement with her gallbladder to listen. Miriam said to our group, "The physical can talk, but like with the Superconscious Mind, you must pay attention. You must listen." It took the hard times to come to this point– the listening. It took the gallbladder attacks, followed by the shame of admitting she had indulgently abused her body. Next came the fear, based in control of an organ. "Cut it out," they said! "That will solve it." Even though there was never an understanding between Miriam and her body. However, there was no listening, or growth. Before an act as final as this, Miriam wants to listen. She wants to love and respect the Divine Wisdom within herself by letting go of fear and receiving wisdom. If the gallbladder wants to come out, if her lessons are finished, she has agreed to follow through with surgery. Until then Miriam is on a journey of growth and understanding. The journey will not be as outcome based as it started, but more of an internal reflection than an external one.

Her prior HOPE of healing is now sustained by faith. The hopeful expectation has been tempered by trust. Finally, there is no pressing anxiety, just surrender. As Miriam explained in a low reverent voice "I don't merely HOPE for an outcome now. I surrender to possibilities. Hope is giving by letting go, which precedes receiving. My attention is, of course, on healing, but not attached to it. I have trust or faith in what the Divine wants for me. It is like being a part of something bigger. There is a Divine order of which we all are a part."

It has been 5 months since her realization and no gallbladder attacks. Miriam is followed by medical professionals while she continues to listen and follow the Divine Wisdom of her body.

HOPE

By Kate Wagoner

My study, teaching, and experience at the School of Metaphysics has taught me the value of letting go. In other words, I have learned that when I relax and allow things to be as they are (or to pleasantly surprise me), I feel a greater ease and embrace. During the beginning of my first cycle studies, I was used to being a physical thinker. I liked it. I was good at it. It was safe. Yet, there was still an urge within me to explore deeper. I knew that there was a depth within my Self that was untapped. I also knew that there was a greater Universal Pulse, a Divine Connectedness, of which we are all a part .

The letting go happened, amongst other ways, when I relaxed my ego and allowed myself to be strong and flexible. The spiritual disciplines offered in the cycles helped me to master and understand my Conscious Mind, as well as to go deeper Within the Subconscious Mind. It was essential for me to allow, trust, and surrender because that is where I found the most freedom. I remember sitting in my classroom on a cold winter's day and asking myself, "Why would I do this particular spiritual discipline? Does this really work? What can I expect from doing this?" Having a purpose with anything in my life is important. I found that purpose. Also, I allowed whatever experience I had to be just that. To be. Total allowance that whatever happened with the candle exercise was just the way it was meant to be, with meditation, visualization, etc. Life was happening for me, not to me, as I have long learned. I noticed tremendous changes within myself and in my outer experiences. Life is a mirror.

Fast forward into the second cycle of study, and I have felt that letting go on a deeper level than before. I felt my strength. My mental strength is well known to me. I know that. My physical strength is well known to me too- I am a long distance runner, cyclist, and am active at work. The strength I felt was spiritually. The projection exercise offered is designed to know that the Soul exists apart from the body. I am not my body or my experiences. At first, I was terrified. "Would I float away? Meet the boogeyman?" I half joked to myself. My experience was total freedom from the physical, a clear knowing that I am a Soul. It was such a gift to understand! I am excited for this awareness , that I am a soul to evolve as I do. I experienced Eternity. Welcome home.

SPIRITUAL EDUCATION

By Gino Crededio

"On this path effort never goes to waste, and there is no failure. Even a little effort toward spiritual awareness will protect you from the greatest fear."

–Bhagavad Gita (2:40 – transl. Easwaran, Eknath)

From our humble beginnings, who could have guessed how far we'd come? We have medicine advanced enough to perform surgery on one's exposed heart or brain. We have machines that enable us to connect with and travel the world. We have even understood the light of our physical universe in such detail that we can see back to the very beginning of Creation. Our intellects have reached unimaginable heights. Yet for all his accomplishment, man still lingers in suffering.

We live in an Age of Information, but how informed are we of our hearts and minds? How well do we understand ourselves? How able are we to control our destinies? How lasting is our peace? We have filled a thousand libraries with our academic knowledge. We are proud to have institutionalized access to education around the globe. It's right to be proud. Still, if men and women are so informed, why is it that so few have the knowledge of their own spirit?

As a people, we languish in largely avoidable lowly states, for we simply lack a basic understanding of the animating force of our existence, our very spirit.

Ask a person to sit still for ten minutes with nothing to distract them and you will inevitably watch an adult squirm. Go to any shopping center, restaurant or bar and see how unable we are to resist temptation. Hint that one should forgive someone who has wronged them and see how they look as though you have shot them in the foot.

The shame in all this is that the tools and lessons needed to alleviate so much of our hurt are readily available if only one would seek their spiritual education, in addition to their intellectual education. The earth is rich with an astounding volume of spiritual teachings. The words and practices of the great masters are not only our heritage but our birthright.

If you remove the dogma of religious teaching and let go of old Latin roots of the word spirit, we find that in common English spirit simply means our animating faculty, that part of us that is alive. Thus, our spiritual education are those teachings, practices and instructions that allow us to understand, handle, deepen, have experience with, and master our very life.

This education is different from the traditional purview of academics in three ways. It is the information regarding the spirit and its attendant mind. It is those hands-on practices that wrestle with and wield it. And most importantly, it is the transformative experience of realizing who we really are and what the world really is. Not just having heard of Truth nor reading it, but actually subjectively knowing it.

HOPE

By Melissa Couch-Hillard

Walking into the School of Metaphysics in Oklahoma City felt distantly familiar, as though my heart had connected with my mind for the first time. The learning I had been searching for had come full circle, without knowing the why, and with, putting faith in an educational platform that invests in wholeness. The term wholistic has always resonated with me for a variety of reasons. Wholistic is an intriguing new concept that intertwines our levels of consciousness through visualization, concentration, dream interpretation, and symbolism, along with positive thought and energy healing.

Dream interpretation is what attracted me to the school after studying Carl Jung and Sigmund Freud at other higher learning institutions. After my first dream course, that attraction was undeniable with infinite possibilities. The correlation between our Subconscious Mind communicating with our Conscious Mind highlights the potential we have within ourselves once we take time to interpret the language we are receiving. The Dreamer's Dictionary by Barbra O'Guinn Condrón translates our subconscious communication to our Conscious Mind. The imagery received from our Subconscious Mind creates an intimate understanding into our waking life through interpreted dream images. Understanding dream language has led to an awareness in comprehensively knowing oneself.

Our Mastery of Consciousness class has been a collective learning experience; individually, as well as, within a group of authentic like-minded people. Supporting, encouraging, and growing each week within ourselves is a bonding foundation that was manifested by our teacher, Elise. Her leadership is something out of an epic poem, helping us incorporate and transforming our defenses into our offenses with each lesson and reading material assigned. Allowing our vulnerabilities to be seen, heard and understood, created a pure trust with our teacher. Each week encompasses new excursions through exercises, reading material, and love that we share as our collective journey in becoming a fully, independent, and whole functioning self.

HOPE

By Mackenzie Hauck

Hope seems to be a fitting theme while reflecting on my experience at the Kansas City School of Metaphysics branch.

We have been lovingly progressing through some pertinent building upgrades. Our newest class became aware of a plumbing leak that had been degrading the pipes for some time now. We've been grateful to have a student, Ted, that has dedicated his plumbing experience to replacing our current pipework with a new system that operates in harmony. Our director, Brandon, has diligently brought awareness to the needs of our building and has continued to find solutions for our challenges, encouraging cooperative efforts toward our beautification project.

In further assessment of the state of our building, other significant structural challenges have presented themselves, including the need for roof replacement, snapped structural beams, a cracked foundation, as well as a cosmetic need for attention to our classroom walls.

This direction of attention towards beautification has me pondering the idea of hope. Conversations have been had around the next best steps, the call for volunteers of their time and skills, and also the conversation surrounding the possible exit of our building all together. I had a small glimpse of fear surrounding the possibility of our branch closing. I had found my safe space, my home, my tribe if you will. I feel hopeful that working together, my fear will not be the outcome.

The meaning of HOPE is to cherish a desire with anticipation: to want something to happen or be true.

Weekly, we share our desire to come together and beautify our space. We desire to build our school stronger than ever and call in more students to experience the beauties that the School of Metaphysics has to offer. We desire to attract community and cooperation to bring about these updates, updates that are a necessity to the continuation of our Kansas City Branch.

Hope comes in when fear of failure rears its head. Hope cultivates when like minds come together for the betterment of the whole. It is energizing. Hope is a driving force when there is a higher intention to move toward. Hope is the clarity in recognizing our individual ability to move forward, even when the next few steps are unclear.

Please close your eyes and send the energy of hope towards our school.

The compiling of this hope, love, intention, and desire will build the attractor field. We are calling forth students, volunteers, creativity, and resources.

We see hope in our recent fundraiser, led by one of our students, Zach. Zach has inspired the gathering of students and friends in the planting, care, and sale of plants grown with compassion and love. These efforts have led to raising \$200 towards the school so far, and is continually growing. As we continue our fundraising efforts, we keep our attention on the beautiful unfolding of our future.

Sending love to you all.

ALL STUDENT WEEKEND



Kat from OKC: "I'm having a lot of check-ins with myself. When at first I feel resistance, I see that I can lean in to something and it changes my experience; it connects me with the potential in what I'm creating and within myself."

Melody from Springfield: "It really is nice to see the transformation. Because of what we've given, this building is ready for people to come in and enjoy and love."

Gary from Springfield: "My hope is that more people will be visiting the college to receive what we've given today through our selfless service."



Ally from Columbia: "My ideal is Self-Love. I want to build up courage and trust in myself. I see myself being more present and out of the head talk that keeps me from enjoying the Love that's always present."



ALL STUDENT WEEKEND

Joe from Springfield: "Hope is the idea of what you want to do. But then you have to take action to fulfill it. Hope is what you use to plant the seed for what you're desiring to grow in your life."



Dani from Palatine: "I feel significantly more still than I often do at the College. I'm practicing surrender and openness. I feel in so much harmony with everything and everyone, and most importantly with myself."



Zack from Dallas: "The new hope is for the realized Self. Hope holds the vision and brings a sense of empowerment to what I'm creating in the present moment."



Miriam from Springfield: "Today is for present moment awareness. I'm honoring the body and mind. Sometimes self-judgment can get in the way of this. I'm seeing how I can use curiosity and receptivity to go with the flow and come back to presence with the body."

ALL STUDENT WEEKEND



Gino from Palatine: "Sometimes we feel like mundane things are a waste of life. But if you remove this judgment, you can see that all things are God. You are always God's child. Everything is here to enjoy. That's hope. That's a life."

Nikki from OKC: "What we're doing at the school today is a microcosm of what we're doing for humanity. I'm experiencing more hope in the change I see happening and that I'm a part of, knowing it's for the goodness of all concerned."



Kate from Columbia: "I see hope as inclusive of trust, surrender, embrace, and optimism. It's like having the faith that I'm divinely supported and knowing the Divine is in me. The Hope is present and alive in the Now."

Thomas from Columbia: "Hope is similar to faith. Even small steps are leading to an expansive vision. Hope holds the vision in place that each step becomes a part of."



ALL STUDENT WEEKEND *Graduation!*

*Students Receiving First Cycle Respondere
(from right to left)*

*From Springfield: Teacher, Brian Hoover,
Charlie Anderson, Cathy Newberry, Shelly
Kahler, Miriam Ayala Seco, Mary Sudduth,
(not pictured Nihar Sreepada)*

*From Columbia: Kate Wagoner from Dallas
Teacher Lesley West, Katrina Hawkins*



Student Receiving Third Cycle Homo Divinus

*From Springfield: Brian Hoover, Teacher and
President Dr. Diana Kenney*

DEAN OF INTUITIVE REPORTS

By Mari Hamersley

The Dharma Reports

At the All-Student Weekend in June, several students received their Dharma Reports. This is a special intuitive report given to those students at Lesson 30 who are teaching in the School of Metaphysics. The dharma given relates to a unique understanding built over lifetimes that is now second nature to this one, at the heart of who this one is. It is a quality that can be intentionally used to aid that person in their growth and evolution as they give to others. It is also very important that they receive the manifestations of this gift as they give it to themselves and others. In knowing their dharma, each one can have hope of achieving a greater state of being in both their inner and outer lives. Here is an excerpt of a dharma report that speaks of this power as it relates to receptivity.

"This would be described as acceptance. There is a high degree of invitation in this one that allows space for people to be drawn to her. The invitation then is a willingness upon this one's part to receive, to receive whatever a situation brings. This one is willing to receive whatever something is, free of a need to make it different. Therefore, the level of acceptance within this one is piercing. It affects other people in ways that immediately calls there to be a rupturing--allowing a freedom of expression sometimes, allowing confidence sometimes, and in this is where the invitation occurs, where people feel free sometimes, at ease to express themselves, sometimes surprised by their own openness, their willingness to divulge."

Whatever one's dharma, it is a powerful tool to use for attraction, bringing others to us, almost in miraculous ways, with whom we can both give and receive.



NATIONAL VIBRATIONS COORDINATOR

By Stella Lynn Boggio

Hope for the 50th

This fall, the School of Metaphysics, will be having its Fiftieth Birthday Party. The Peace Dome dedication occurred twenty years ago. When I reflect on the theme for this month which is hope, many ideas come to mind.

When I first became a student, I did not really know what to expect. Sure, I had some ideas. I wanted to learn more about my past lives and increase my “psychic abilities.” When I filled out the Student Questionnaire on registration night, I said I wanted to give card readings for people. I still have some interest in that subject, however, my consciousness has expanded to other areas of possibilities.

An online dictionary, Word Hippo, defines hope as “A belief or wish that something either can or will happen. The possibility or likelihood of some future event occurring. A feeling of optimism.” When I started in the classes, I had a strong hope for change. I did not know what to expect, however, I sensed I had begun a spiritual journey that would entail rapid transformation.

My hope has evolved, now that I am a teacher and a director. My hope has expanded to include hope for others. My hope for the Fiftieth Celebration, is that the School of Metaphysics will become more visible in the World Wide Community, with many more people finding their way to us. What we teach, through the lessons as well as practical application through the exercises, is so valuable. The transformation students make, in their lives is profound. The effects of these transformations expand far beyond the student’s immediate world. They produce a ripple effect that literally can transform the planet.

This fall will give alumni and current students and teachers a chance to revisit the past, reflect on the present and contemplate the future of the School of Metaphysics. It’s important to remember where we came from in order to know where we are going. Plans are in the making to have former alumni speak about how they have implemented into their lives what they have learned, through their studies at the School of Metaphysics. The event will be a chance for current students and alumni to form deeper connections with each other. This turn will enable expansion to occur. This expansion could include school branches in every city, online classes, and special events. The only limits we have are ones we create for ourselves.

Stay tuned for more updates on the School’s Fiftieth Birthday Party!



FROM THE

CHANCELLOR

In Chapter 16, the Pharisees and Sadducees came to Jesus to tempt him. They asked Jesus to show them a sign. Jesus said to them, "a wicked and adulterous generation wants a sign; and no sign shall be given to it, expect the sign of the prophet Jonah."

When Jesus's disciples came to the crossing place, they had forgotten to take bread with them. Jesus spoke in a parable. Watch and beware of the leaven of the Pharisees and of the Sadducees. How is it that you did not understand that I was not talking to you about the bread, but to beware of the leaven of the Pharisees and of the Sadducees? Then the disciples understood that Jesus was talking about the teaching of the Pharisees and the Sadducees.

Then Jesus asked, "What do they say concerning me, that I am merely a son of man?"

They said, "There are some who say John the Baptist, others Elijah, and still others Jeremiah, or one of the prophets." Jesus asked the disciples, "Who do you say that I am?" Simon Peter answered, saying "You are the Christ, the Son of the living God."

Jesus answered, saying to him, "Blessed are you, Simon son of Jonah, for flesh and blood did not reveal it to you, but my Father in heaven. I tell you also that you are the stone, and upon this stone I will build my church: and the doors of Sheol shall not shut upon it. I will give you the keys of the kingdom of heaven; and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven." Then he charged his disciples to not tell any man that he was the Christ.

From that time Jesus began to make known to his disciples that he would shortly have to go to Jerusalem and suffer a great deal from the elders and high priests and scribes, and be killed, and rise up on the third day.

Peter took Jesus aside and began to rebuke him. Jesus then turned to Peter and said, "Get behind me, Satan; you are a stumbling block to me; for you are not thinking of the things of God, but of men. For whoever wishes to save his life shall lose it; and whoever loses his life for my sake shall find it. For how would a man be benefited, if he should gain the whole world and lose his own soul? Or what shall a man give in exchange for his soul?"

By Stella Lynn Boggio

Matthew Chapter 16

Interview with Dr. Daniel Condron

1. Explain the passage, "I will give you the keys of the kingdom of heaven; and whatever you bind on earth shall be bound in heaven and whatever you loose on earth shall be loosed in heaven."

Jesus was fully enlightened. He had access to Superconscious Mind.

2. Why did Peter rebuke Jesus?

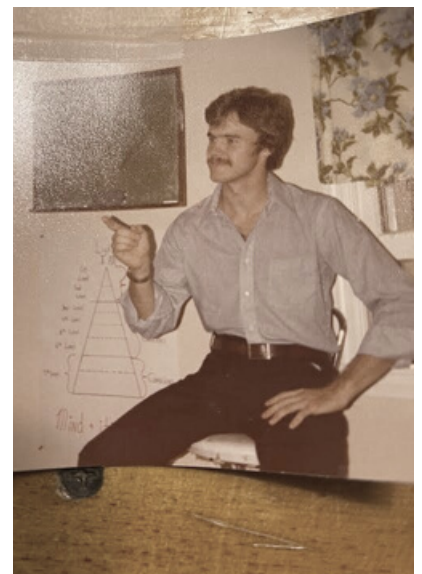
He did not want Jesus to die on the cross.

3. What does it mean to "deny yourself" and follow Jesus?

The brain and the ego no longer rule your life.

4. What does it mean to gain the whole world but lose your soul?

You have accumulated money or power in the physical world. You do not have access to Superconscious Mind.



THE NEW MAITREYA

By Dr. Barbara Condron

“What is the New Maitreya?” Three people asked me this. And although the three people were from different generations, my answer was the same, Being at hOMe wherever I AM. I have spent several years putting words to The New Maitreya in this publication. Describing, defining, discerning its intrinsic goodness and its vision for you and me.

The third Spring Festival arrives in days (see the related article that follow)s. This is when the NEW MAITREYA can flourish within ‘the Individual in the Group’. This is one phrase I have used to describe the New Maitreya. The other phrase is “Master Students make Master Teachers’. This describes the acceptance of your Soul’s Vision for your life. It is the reason you came to Earth. The VOICE you wanted to bring during this time of chaos and corona and convergence. It is the reason I came and that is why I was, am, and will all ways be drawn to the mission of what we call the School of Metaphysics. Perhaps you share this sense?

I remember presenting this concept during a General Assembly in 2000, the same weekend I introduced the LIVING HOLOGRAM. I illustrated on a whiteboard the Vision of SOM’s unique place in the world. I spoke to how I understood it after 25 years of experience ‘in it’. I described SOM as a space to learn how to learn with like-minded people. To bring inner wisdom forward, not just in the walls of SOM but in our communities.

Thinklectures and workshops in colleges and with groups from the Kiwanis Club to AA to Mensa. In our states ...Discover....Clean Up America in the 70s and the search for Talented and Gifted Schools in the 90s. In our nations ...Study...the Peace Proclamations online and in the Peace Dome since 1995.

In a pre-internet world, before a generation was taught devices are intuitive, SOM came into being to make widely available what had been secret. It also came into being to transform what had been in the hands of a single Master in any group (tribe) of people since the time of Atlantis. SOM is here to be a living example of something different....The New Maitreya.

I shared with the directors the wisdom from my experience that SOM is here to serve every human being. The young (of any age) who are not yet ready for study. To you I say, how fortunate you are to have such a school available to you, waiting for you, that teaches disciplines revealing the Self.

For those, who provide the anchor of the education for the 3rd millennium, with full heart, I say to you as a student and teacher at SOM, Thank you for your philanthropy. Everything you learn works when you do. That is the security people are longing for in the current post-pandemic world. Most people are seeking what you have already found. Be generous, and kind.

For the elder (of any age) who has transcended the cycles and now moves in the world in awareness of their soul’s mission. To you I say, thank you for keeping that sacred flame alive so you are a source of Light for others. We exist in a LIVING HOLOGRAM.

*With full heart, I say to future students, current students, graduate teachers,
I love you just because you are ∞*

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

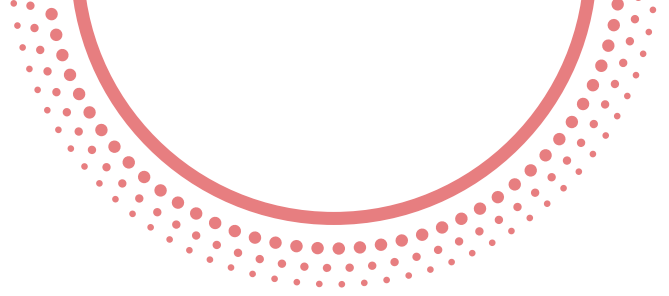
September - Surrender

October - Community

November - Going Within

December - Joy

2023 EVENTS



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.

Devon Hoover: 61, Sunrise. When awareness dawns, a living prayer sings all day. Interact with the world from a space of laughter. Perceived loss dissolves in a harmonized mind. Rejoice in the rhythm of life, it depends on you.

Stella Lynn Boggio: 80, The Immortals. Immorality 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: 21, Cherish. The Creator and the Created set into motion the Yin Yang way. Melding of man and woman, subconscious and conscious, reflects this harmony. The I AM spirits in every plane of Creation unite as One in the consciousness that dreams.

Thomas Croft: 58, Composure. The Teacher leaves a trail worth remembering. With eyes clear, read the records in akasha. Suspend judgement so you can make your own choices. Embrace the emptiness, to enter the breathing space.

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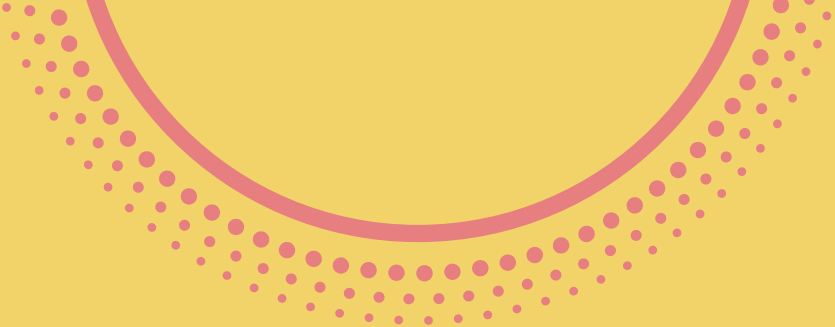
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