

Volume 53, No 8 – August, 2023



Vibrations

a monthly newsletter

LEADERSHIP

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



03 Dallas

04-05 Columbia

06 National Vibrations Coordinator

07 From the College

08 From the Chancellor

09-10 The New Maitreya



Leadership



11 PARLIAMENT OF WORLD RELIGION

12 MONTHLY THEMES

13 CALENDAR OF YEARLY EVENTS

14 BRANCHES

15 CONTACT US

Dallas

By Lesley West

Dallas School of Metaphysics had an open mic night. Zack recited a tribal poem and was very expressive. He had us sitting on the edge of our seats! Lesley read a couple of poems. One was written by Robert Frost - "The Road Less Traveled." Buck, Lisa's husband, played a unique instrument that we all were moving our bodies to and snapping our fingers. We had a visitor, Robert, that was there and he shared something that was meaningful to him. We all were seen and heard. It was really an enjoyable evening with like minded people! And we will be having another open mic night very soon!



Leadership and Media

By Ralph Carper

I recently saw a post on social media that described our generation as, "The most annoying groupie brainwashed follow the leader generation ever..." I kept noticing the irony of the post. I wondered if posting on social media about being brainwashed, while writing an article about it, meant that I also was included in this so-called "follow the leader" generation mentioned. I was almost shocked by the accuracy of the post and how undermined it actually was because it was posted on an "annoying groupie brainwashing" tool. The tool has given anybody the opportunity to be deemed "leader", as long as they have enough followers to prove it. You could post someone else's video and get more publicity than the original creator, and then boom, your page was admirable, you have more followers, and so... you must be a role model, right? This line of thinking could follow even if there was no morality behind the concept that made people decide that your page was worth the follow.

As we continue to do the work we do within ourselves at the School of Metaphysics, meeting people of different generations on a similar journey, it's obvious that the word "Leadership" itself has lost value within the different generations. It has something to do with who, what, or where each generation has placed their attention. Millennials were lucky enough to get reality tv during its prime along with a handheld computer that kept us so "brainwashed." Character, presence, and intellect are all good qualities a leader carries. In this modern day world filled with technology, being stuck behind a screen leaves the only 'characters' mentioned on the keypad. It's more important to be present on a social app than in real life, and as long as you know how to move your way around a device, you can be considered intelligent.

It isn't until we make the time to clear space in our minds, that being a role model comes to the forefront. Being able to step away from the "brainwashed" allows us to recognize how long we've been "following the leaders" of our "brainwashed" society instead of valuing the true essence of what leadership can do for us.

There's a leader within all of us, and no smart device will be the reason we find it. It is through intimate meetings with ourselves (meditation) that we grow to become our own leader. Only then can we come to knowledge of why and what significant roles leadership will play in our lives. Whether we seek leadership in who we surround ourselves with, or decide leadership is our task to bestow upon others, we recognize this by aligning ourselves with our true intentions.



Leadership

By Kate Wagoner

I've appreciated experiencing leadership through creating a Master Mind group, based off the book, "Think and Grow Rich." One of my goals with creating the group was to co-create with like minded people who also desired to create Prosperity and Abundance consciousness, whether in the physical or emotional realm.

I gathered four other School of Metaphysics students and teachers as part of the Master Mind group, and we have been meeting twice a month to discuss our Ideals, experiences, and action steps we have been taking to aid us in manifestation. I've really enjoyed this co-creation because I appreciate how we balance our intention to create Prosperity and Abundance in the physical with Eternal elements.

We also learn a lot from each other. It's been a joy to share feelings and experiences with everyone. I've loved seeing how each team member is manifesting- whether it be a raise, a new job, or just feeling more empowered in general.

I'm learning that we all have something to share and learn from each other. For example, one of our Master Mind group members shared a vulnerable moment, and that helped me to connect with my own vulnerable aspects of Self. It was especially welcome since this member's Ideal was to share of herself more and feel + express her emotions.

I'm learning that co-creation is fun, I love working with others, and it's inspiring to connect with other people who are dedicated to their growth- another reason why I love to learn and teach within the School of Metaphysics!



NATIONAL VIBRATIONS COORDINATOR

By Stella Lynn Boggio

When I think of leadership, many thoughts come to mind. I think of examples of leaders I have known throughout my life. There have been individuals who have inspired me to be more than I could imagine. When I look at their qualities, I am inspired to emulate them.

I have always been hesitant to step into a leadership role. Growing up, I always seemed to ask others what I should do. I developed an insecurity which resulted in a lack of self-trust in myself and my decision making abilities. I never saw myself as a leader. I always assumed other people knew more than I did, or at least they acted like it! I would hold back speaking my thoughts and standing in my own inner authority. My ideal I have been cultivating is self-trust. My purpose is to align and exercise my own inner authority. Being in leadership positions has enabled me to practice my ideal. One of these leadership positions has been National Vibrations Coordinator. In this position, I have the opportunity to lead others and create a vision for what we desire to accomplish. Being in this position has stretched me out of my comfort zone. I was mentored by Dr. Kerry Keller when I first stepped into creating with Vibrations. He taught me the steps. However, I have had to rely on my intuition and my permanent understandings when it came to some leadership decisions. In my past, I would always be indecisive in these situations. Now, I am practicing speaking my thoughts and being more decisive.

Another opportunity to practice my leadership skills is being a leader-reader in the mornings, reciting the Virtual Peace Convent on Zoom. This position had enabled to go deeper in my understandings of personal peace as well as sharing peace with the world. We also host a monthly event on Facebook once a month which is called "Peace is Built Through Communication." When I have led within this position, it has allowed me to share my understandings and wisdom with others. When I lead, I am also teaching. Teaching has helped me connect with my own inner authority which in turn serves others. I also realize I have built many understands through my studies in the School of Metaphysics. Sharing this to aid in another's soul development is imperative to their growth. I did not receive the understandings to keep them all to myself. My understandings through the lessons are for the benefit of the whole. That is the responsibly that goes with leadership. I also realize, since I have been studying and teaching metaphysics for almost ten years, I have strengthened my authority in my understandings. It is my responsibility to speak to students earlier in the lessons about what I have gained. In this manner I am acting as a guide as well as a teacher. These actions fully embody my leadership role.

Lastly, Directing is a wonderful position to practice my leadership abilities. I am practicing initiating actions, and I am standing in my own authority. My self-confidence takes on a whole new level. I radiate my own personal power.

As I expand in my roles as a leader, I look forward to the many growth opportunities available through the School of Metaphysics and beyond.



From The College

School of Metaphysics
Applied Metaphysics and Healing Center

By Dr. Diana Kenney and Dr. Doug Bannister

Know Thyself

Know Thyself” is the simple age old statement reflecting the duty for us all: to know who we truly are and fulfill our purpose for being on the planet.

The SOM ideal of being a whole functioning self is a reflection of the maxim, “Know Thyself”

Living at the College of Metaphysics allows one to move consistently towards fulfillment of that sacred duty. Life at COM is a practice of being in harmony and spiritualizing every moment. Creating with others, we practice being aware of what we are doing and how we are being in every moment with the goal of bringing heaven (superconsciousness) to earth. This deep and powerful daily practice is the opportunity for people living at the college.

The COM has different “curriculums”, all having this same purpose.

Garden

From seed to table. Teaching manifestation through the root race of plants. Teaching food security and self-sufficiency. We can manifest what we need.

Cattle

Teaching mind through working with animals. Working with cattle teaches subconscious connection. The cattle and soil reflect a harmonious connection to source through the care and attentiveness given to them.

On the physical level we are caring for the animals and the soil by understanding the balance of elements required to produce a palatable environment for the animals and plants that nourish the soil.

On the subconscious level one connects to a living being with the mind. The consciousness of the life forms we call cattle and the consciousness of the earth and water in the grazing area.

One refines their abilities to create:
receiving from all 7 levels of mind before acting; and
expanding the consciousness to the care and well being of others

Healing Center

Tech free meditation retreats. Simple movement, sound healing techniques, meditation and education on how mind works. (Requires completing repairs at Moon Valley and the Gatehouse.)

Intensive Grazing means that we have cows on a piece of the land for a managed time period, calculating the amount and quality of grass, recent rainfall, the size of the paddock, and the number of head in the herd. Symbolically, we have water (conscious life experience), soil and plants (being subconscious existence) and the cows (habitual thinking.) We are the Intelligent Directors, so we represent Superconscious Mind. The timeline for all this to come to pass represents the strength and intensity of our intention to produce the optimum conditions for our creative ideas to manifest.

All of this sets the stage for even more small interests that could be viable businesses one day. We could have products that come from the land to contribute to the growing awareness of nutrition and health, such as healing herbs and tinctures; edible fruits, nuts and vegetables; forest products like lumber for construction of all types as well as consumer goods for household use and even biochar for gardening. Each of the endeavors represent the value (where we put our attention and value) that comes as we increase the usability of each of these potential revenue sources.

You and I have wonderful physical bodies made up of elements that come from the land. The bodies house the spirit, the soul. Regenerative agriculture and all that it brings unites the body and the spirit.

From the Chancellor

In this chapter, the disciples ask Jesus who is the greatest in the Kingdom of Heaven. Jesus called a little child up and made him stand in the midst of them. Jesus says "Truly I say to you, Unless you change and become like little children, you shall not enter into the kingdom of heaven." Jesus goes on to say whoever welcomes one of these little children welcomes me. If anyone misleads one of these little children, it would be better for him that an ass millstone were hanged on his neck and he were sunk into the depths of the sea. Also Jesus says, if your hand or foot offends you, cut it off and cast it away from you. Jesus also says this is better to do this with the eyes if they offend you. Jesus gives a parable of the lost sheep. If a man should have a hundred sheep, and one of them is lost, would he not leave the ninety and nine on the mountain and go search for the one that is lost? When he finds it, he rejoices over the one that was found more than three hundred and ninety-nine that were lost.

Now if your brother is at fault go rebuke your brother alone. If he listens to you, you have won your brother. If he does not listen, take two or three brothers with you for out of the mouth of two or three witnesses, every word is established. If your brother will still not listen, tell the congregation. If he will not listen to the congregation, then regard him as a tax collector and a heathen. Jesus says, Truly I say to you, whatever you bind on earth will be bound in heaven, and whatever you release on earth will be released in heaven. Again, I say to you if two of you are worthy on earth, anything that they would ask will be done for them by my father in heaven.

Peter came up to Jesus and said, "My brother is at fault with me, how many times should I forgive him? Up to seven times? Jesus says, "Not just seven times but seventy times seven."

Now the kingdom of heaven is likened to a king who wanted to take an accounting from his servants. A man who owed ten thousand talents was brought to him and he could not pay. He begged for mercy from the King. The King took pity on him and canceled his debt. This same servant went out and found one of his fellow servants who owed him a hundred pennies. He seized him and tried to choke him saying "Give me what you owe me."

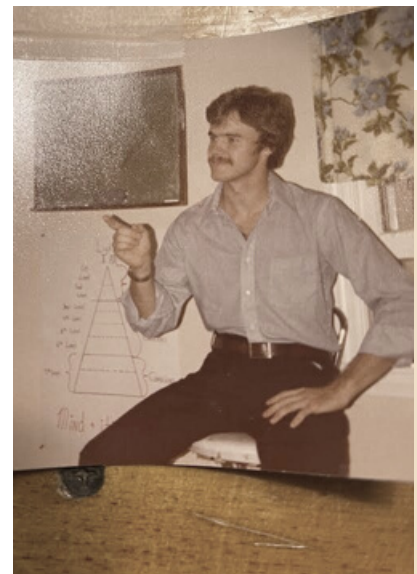
The fellow servant fell down at his feet and begged him saying, "Have patience with me and I will pay you." However, he was not willing and had him put into prison. When the other servants saw what happened, they were sorry and they informed their master of everything that happened. Then the master called him, "O wicked servant I canceled all your debt because you begged me. Was it not right for you to have mercy on your fellow servant just as I had mercy on you?" The master was angry, so he delivered him up to the scourgers so he would pay everything he owed. Jesus says his father in heaven will not forgive you if you do not forgive each man his brother's faults in your heart.

By Stella Lynn Boggio

MATTHEW CHAPTER 18

Interview with Dr. Daniel Condron

1. Why does Jesus take offenses so seriously? Because it is very serious to act against Jesus's teachings of Universal Truth.
2. Why is forgiveness so important for our emotional and spiritual health? Forgiveness brings forth an imperfect memory of a partially remembered past to the present moment where the true reality exist.
3. Why do most people not want to forgive another? They think it feels good to hold a grudge
4. How do you know if you have truly forgiven someone? You no longer dwell on the supposed injury. Instead one is in the present moment.



The New Maitreya

BY BARBARA O'GUINN CONDRON



The **NEW MAITREYA**
*Master Students make
Master Teachers*
by Barbara Condron

"I've felt out of sorts since I woke up," the student says.
That is **CLUE 1.**

"I woke up too quick. I was dreaming and I just think I woke up too fast."
CLUE 2.

"Did you forget that you can go back into the dream?" This student has studied the advanced SOM material in dream projection, sometimes called lucid dreaming.

"I didn't think about it," the student's voice is downcast. Disappointed in herself.

"It's okay. You are more likely next time to consider it," I reply. "It's the practicing that brings skill."

She goes on to relate her dream and **CLUE 3** surfaces.

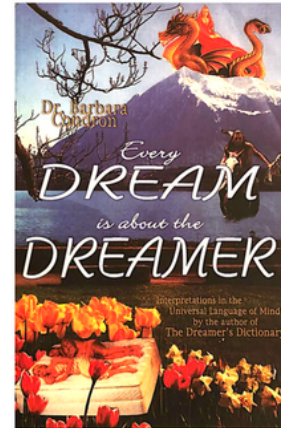
In the latter part of the woman's dream she was in a hospital bed. An unknown man was wheeled in to share the room. He was drinking alcohol and offered the dreamer some. The woman was supposed to work at a restaurant that night but she didn't feel well...."

The reality of being ill in the dreamstate, in the inner levels, registered in her conscious mind as she woke up. She literally left the conflict in her etheric body and felt the reaction in her physical body when she woke up. Now this dreamer understands why she felt like she woke up too quickly. She also sees how lingering, or returning to the dreamstate would allow her time and space in the inner levels to resolve the disharmony.

This leads us to **CLUE 4.**

As she works through the imagery in her dream, she realizes the presence of alcohol is relevant to a tendency toward addictive patterns in her waking thinking as yet unrecognized. "I've been consciously wanting help in breaking patterns of negative thinking. And this dream is telling me what I need to heal."

"Good incubation!" I respond with a smile.
The student is astonished. "I never thought of that!"



In life, it is natural that there is a gap between where we are now and where we want to go in the next minute. In Mind, we can be anywhere we desire, instantaneously. In Body, well, creation is a process as much as a vision. This is where **CLUE 5** surfaces.

“I thought I needed to go through all the steps of writing down what I wanted,” the student says. “I undervalue myself all the time. That’s the addictive thought in my dream.” Triumph becomes reflective, and true Self mastery shines through her words, ***“I need to own what I know.”***

This stimulates a memory of a trip to the college for a teacher’s meeting. “It was a long drive, and as I talked to my traveling companions they commented that I was being negative. I didn’t really think I was, but when I arrived I realized I was tired. The next day I talked to another teacher and she helped me see the connection between the negativity and being tired.”

“Like the connection in your dream,” I offer, helping her see the connections she is making. She nods yes. **CLUE 6** is making itself known.

“What step did you take to change the pattern of negative thinking?” I ask.

“Put my undivided attention on the positive and concentrate on that,” she replies. “But that doesn’t seem to work.”

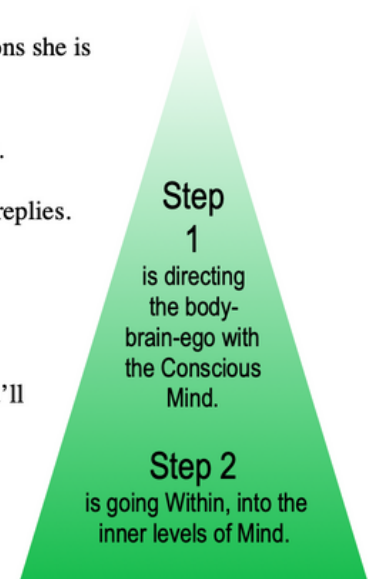
I laugh, “That’s because you’re stuck on step 1!” She smiles in spite of herself. We’re both smiling. “Step 1 is **CONCENTRATION** and it’s the first three Essential Life Skills. You’ve been holding yourself on Lesson 10 when it’s time to use your Mind! You’ll need that skill to develop the next four skills in Step 2, **MEDITATION.**”

“I see!” the student exclaims. “I’ve been going back and forth with what we called ‘stinkin’ thinkin’ in AA. That’s brain stuff. Positive-Negative. Yes-No. I get it!” She IS getting it. “Meditation is on a deeper level. It’s about relationship. Connection of conscious and subconscious minds.” **CLUE 7** is around the corner.

“Like incubating this morning’s dream,” I echo. “As souls, we came here to dream. To become a creator in the likeness and image of God. That’s when the final three Essential Life Skills are activated through **VISUALIZATION**. The Mind’s power to create with thought in response to the Superconscious Master Plan. Remember this:

“When you can perceive it in your Mind, you can/may/should and will hold it in your hand!”

Satyagraha!
drB



Preparing for Parliament

By Stella Lynn Boggio

This fall, a delegation of students and teachers, in the School of Metaphysics, will be traveling to Chicago to participate in the Parliament of World's Religions. According to the Parliament of World's Religion website, the organization was founded on a mission to cultivate harmony among the world's religious and spiritual communities. This is a historic gathering that brings individuals together, from many faiths, to discuss how they can cooperate for the advancement of global harmony and peace.

The first Parliament of World's Religions met in 1893 in Chicago. The modern Parliament gatherings attract participants from over 200 diverse religious, indigenous, and secular beliefs. These participants come from more than 80 nations.

The planning for our delegation to parliament began many months ago. The school has previously been to Parliament in 1993, 2015 and in 2009. The year, 1993 marked the hundred year anniversary of the Parliament. Dr. Daniel Condrón spoke at this event. At this year's Parliament, we will be having a booth at the convention. We will be offering free dream interpretation as well as intuitive reports. National Peace Ambassador, Terrence-Lamont Bellows, along with Palatine Director, Gino Crededio initiated the delegation to Parliament. Area Director, Mavis Curry, has organized bi-monthly meetings to discuss the preparations leading up to the Parliament. Gino Crededio will be giving a talk on the importance of spiritual education. Mari Hamersley and Dr. Tad Messenger will be doing live intuitive reports at the Chicago Branch of the School of Metaphysics. This will give the public the opportunity to receive the powerful wisdom from subconscious mind.

The intuitive reports have always been a unique service the School of Metaphysics offers. Bringing this gift, to the world, can be very healing. Wisdom from these reports changes lives and shed awareness where there previously was darkness.

Engaging, at the Parliament, is an opportunity for the School of Metaphysics to become more visible in the world. What we teach is extremely valuable and it changes lives. What I have studied and taught has allowed me to become more of my authentic self. I was able to resurrect talents previously buried and forgotten. I have learned to value and trust myself more. Looking forward to seeing everyone there!



January - New Beginnings

February - Divine Love

March - Concentration

April - Dreams

May - Gathering at the Fire

June - Hope



2023 Monthly

THEMES FOR VIBES



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.

. Stella Lynn Boggio: #76 Passion- Spiritual knowledge arises where cooperation in present. Harmony arises in a consciousness ruled by ideals that descend into thanksgiving to the light of a new day. Where all appreciates the question of worthiness is answered.

Kate Wagoner: # 52 Excite- All of creation mirrors the Self, each to its own level. We can only be what we accept and allow. Attend to what you speak, own the thought and the action. For as you create them, they work their magic in you period.

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

