

School of Metaphysics

Vibrations

A Monthly Newsletter

GOING WITHIN



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.



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Experience of a Still Mind

The last weekend of October marks a very special time at the School of Metaphysics Headquarters. It is called Still Mind Weekend.

It is an opportunity for any current student who has been to the college at least once to attend.

This weekend is like no other at our Headquarters. All Student Weekends and every Third Weekend of the month, there is usually a whirlwind of activity at our campus. There are classes to attend and activities to keep everyone engaged. Much Yang energy is present. Still Mind Weekend is an opportunity for the student to still the endless chatter, and receive from their inner selves.

This was the fourth time I have attended this special weekend. Each time, I come away changed, if ever so slightly, in my consciousness. Every step forward is an expansion in realization.

When we went into silence Friday evening, I was ready for some profound experiences. Dr. Daniel instructed us to not journal our thoughts. The premise was to observe our thoughts and identify the space between our thoughts. In this manner, we would have a direct experience of the timelessness that is the every present now. We would know our true selves.

During the day on Saturday, there were three meditations in which we could attend. I noticed, at first, I was having a lot of thoughts. I did choose to journal some of my thoughts. However, I made a decision to stop this activity in the early afternoon. Having this opportunity to go within, I became aware of all the repetitive and endless loop of thoughts I experience in a given 24 hour period. It would seem like my thoughts are thinking me! However, I realized I have a choice in every moment. This is where to place my attention.

Our first lesson we learn at The School of Metaphysics is that attention is our most precious commodity. I came to realize this weekend how giving attention to a particular thought may or may not be beneficial for my forward progress. For example, if I am in worry or fear-lack thoughts, I am going to produce more of this experience in my life. If I focus on gratitude, love and peace, I will have more of those experiences in my life. It really is that simple. We tend to make life more complicated than it needs to be.

Having time in nature, to just be, simplifies life. These realizations were some of the benefits I received over the weekend.

I also had the experience of a physical release of an old belief. After the third meditation of the day, I started to feel physically sick. I went to the downstairs bathroom, in the Peace dome and experienced physical release. I also had the realization of a memory that had surfaced prior to becoming sick. When I was twenty years old, I had lost quite a lot of weight. This happened right before I met a gentleman who would later become my husband. This relationship was not what I expected. I had the belief that when I was thin, I would attract unhealthy relationships. Dr. Daniel later pointed out to me that we always have a choice about who we interact with in our environment. My physical release after this thought was an indication to me I no longer had to stay in my old patterns. I could release fear, which had served as a protection for me in the form of excess weight. Attending this weekend allowed me to have this life-changing experience.

Still Mind Weekend at The College of Metaphysics Headquarters is a time of rest, reflection, and rejuvenation. I encourage everyone to allow themselves the space in their daily lives to experience a Still Mind. In this manner, we can know ourselves more deeply and experience the inner peace that is our Divine Birthright.



GOING WITHIN

Once again, the holiday season has begun. Planning get-togethers with family and friends, going to events around town, decorating, shopping, so much activity that can be a bit overwhelming at times. Now is when taking time to be still and go within is so important. This year I'm feeling the need to switch the focus from the external distractions of the season to look within and discover where to funnel my energy.

I have started the second cycle at School of Metaphysics after just completing cycle one. I will also be starting to teach first cycle classes next week. I will also be transitioning to a new position at work this month. Lots of firsts for me are happening this month! I am finding that all three have to do with SERVICE.

I want to be of service to my students and help them to learn about themselves and show them that they can create the kind of life they desire. I want to be of service in my new position at work in order to help members with their healthcare benefits. And finally, in my second cycle class, I will give service to myself and the Creator in expanding my knowledge, my state of consciousness, and my ability to create.

What do you want to manifest? Be still and go within. Focus on what your heart tells you. Find your peace. Find your purpose. Find your truth.

I will leave you with these quotes:

The inspiration you seek is already within you. Be silent and listen.

-Rumi

Going within is about reconnecting with that part of you that is true and authentic.

-Michelle Kirsch



As a student at the School of Metaphysics, I agreed to assist Stella Lynn Boggio, editor of the school's monthly newsletter, by taking pictures of the events of the school's 50th Anniversary. The 50th Anniversary entailed many poignant and happy moments for the alumnae that were invited to this even. This assignment was one that was out of my "comfort zone" as I had no previous experience nor any expertise in this area.

However, I thought this event would be very enlightening and interesting and of course, it was.

When I first arrived, Friday, October 6th, we went to the main building at the College of the School of Metaphysics and were given our assigned places to stay for the weekend. Mine would be to share a room with Gloria Millare (the perfect mate) at Moon Valley, which is not located on the main campus. So during our stay we were graciously driven to and from by Heidi who was always patient and loving.

In the kitchen area and was greeted by Gino Crededio, the energetic and confident chairman all the food preparation, and under him, were several students and or teachers in charge of their individual teams. Since I had not received any picture assignments yet, I agreed to help with the baking and frosting of the 50th anniversary birthday cakes headed by Elise Brinkley and her team, all gracious and calm. This work was more in line with my comfort zone, and I also took pictures of this preparation as well as the result that was eye appealing and delicious. Other food preparers included Evette, who led her team in making an all vegetarian meal called Red Dhal, Rita Rikevik, who prepared the chili with meat, Gloria's lead myself, (when not taking pictures) and others in preparing the rice dish, and Ellise and the cake dessert mentioned earlier. Accolades went to Geno for his idea of serving the food to the alumnae rather than having them get it themselves from a buffet. On Sunday we enjoyed Dr.

Tad's two wonderful meat lasagna pans and one vegetarian lasagna pan, in addition to, the tasty leftovers from Saturday. All the above contributed to providing a warm welcome to alumnae. I took many photos of the prep work with food, decorations both within the campus buildings and the wonderful fall flower and pumpkin decorations from the gate entrance and throughout the campus. But I feel most of the work involved a loving amount of time gathering the pictures, collages, and other memories of alumnae and so to the development of the college. This was especially event in the main building and the Peace dome where present teachers and alumnae relate past events more intimately with students.

I observed many touching moments (at least to me they were) as during the very large "circle of love" one more recent alumnus became very tearful, while another was appeared to be buoyant. While the circle of love is always special, this one was even more so. I introduced myself to one alumnus who said he was at the school from 1986 to 1989 and had finished the 3rd cycle. He was curious to know what lesson I was currently reading, and proceeded to tell me what the lesson was like when he had it. He remembered it like it was just yesterday and It hadn't changed much!

I was fortunate to listen to Christine Madar (at the Peace Dome) relate her experience as a member of the first delegation of the School of Metaphysics to travel. The Trip was to India, and she related how they were met by Sikhs who treated them very cordially and showed them many wonderful sights. She had several interesting photos from which to choose a conversation and why it was such a marvelous experience for her.

I also had a brief conversation with Linda Jones, an engaging individual who lived on the college campus from 1971 to 1978 with her husband and children at Green Valley and was later a director of the Springfield branch of the School of Metaphysics from 1988 to 1989.

I did not interview or talk with her, but I love listening to a former student, with a beautiful voice called Syndney Hilderbron. She sang Isaiah 55 by Mat Valois. This was part of the installation of the new Peace Poll placed in the Peace Garden. I also found the talks given by the alumnae were informative, inspiring and some were profound for me. My overall experience was one of feeling a part of a productive spiritual, loving community. And for many of the alumnae, it will be one that they want to experience again.



What is community?

I've pondered that for a while, even before joining the School of Metaphysics.

Community can mean a lot of different things to a lot of people- working together to achieve a common goal, a group with a shared purpose, fun, friendship, service.

Communities can come together for different reasons and to create different things.

I was at the Springfield branch the other day for one of their movie + discussion nights, and there was a part of the conversation at the end that really struck me.

The film itself was about a man who lived in a dystopian world where books had been raided and burned and were killed over, people lived in scarcity, and society was lawless.

This man carried one of the last bound Bibles and was determined to head west to give the book to a place where it would be safe forever.

Eventually, he chose to give the book up in order to save the companion he was traveling with. In that moment, he turned believing into knowing. He traded the book for her life. When the two of them finally made it out west, he was able to fully speak, transcribe, and bind the Holy Bible, for he had read it so many times, he became it. It became him. The two were one.

He told her that he had spent so many years protecting the book, even at the expense of others, that he forgot to live its Truths.

As it turns out, the man who nearly killed the main character's companion over the book could not read it because it was entirely in Braille.

One society depicted within the film lived in fear and was ruled over by a power hungry dictator who used violence to control the people. He wanted to use the Holy Bible to further control and manipulate others.

The other society depicted, where the man and his companion could share the words of the Bible with, was a place where knowledge was kept sacred and shared. People worked together for the common good of the whole.

So, the film ended and in the discussion, the sentiment was brought up that three specific attributes can make up a community: belonging, behaving, and believing.

We contemplated which "B" adjective was the most important to us, which adjective was the most important to a community.

As I reflected on it, I came to the understanding that belief is important in a community. There were two different communities depicted in the film- ruled in opposing ways. One through behaving and one through believing.

If we don't know what we believe then how can we understand what we belong to?

That is why I am so grateful for the School of Metaphysics, whose main Ideal is to, "Aid any person willing to put forth the effort into becoming a whole functioning self, not dependent on any person, place, or thing for peace, security, and contentment."

How powerful that is. With a shared belief system like that, I am proud and honored to claim that I live and Love with others in this like minded Soul community.

Sharing my Self with others has been one of the most enriching experiences of my life, and teaching has further expanded that. We are all mirrors of each other, and are walking each other Home. It is time to come together and move forward as One.

Going Within

As a newer student to the School of Metaphysics, there were times I misinterpreted the idea of going within. Initially, I imagined that a profound epiphany would follow the first time I experienced meditation. For me, there was a disconnect in trying to meditate silently due to my conscious thoughts, along with my idea of meditation. In many ways, I had envisioned connecting meditation to the way I connect with dream interpretation because both require discipline while working with our subconscious and superconscious minds. I pondered on this for many lessons until we reached lesson 8, Universal Healing Truths. "The subconscious mind reaches to fulfill the conscious mind's desires. If anything is lacking in the fulfillment of those desires, the subconscious mind will draw you to the resources necessary to fulfill those desires if you cooperate with it. To cause change requires a strong desire for something different and a willingness to take action." I revisited that paragraph many times to comprehend the struggle I was having connecting with silent meditation. Retrieving my exercise logs I realized that my action needed attunement, especially with daily utilization of candle concentration along with reading lesson 6 again. Making these adjustments was extraordinary. Progressively, I started to feel connected to meditation along with valuing my daily exercises. My thoughts lessened as concentration became easier allowing for deeper meditations. Prayers became more in line with my Ideal Purpose and Activity which influenced the stillness in receiving versus the resistance to my fixed notion of meditation. Often, we are reminded how imperative our exercises are with our soul progression- internally to create outward. It took going inward to appreciate the connection linked to our assignments along with taking initiative which produced the desires within.



What a privilege it was to be asked to introduce one of the icons at the school of metaphysics for the 50th anniversary. I was truly honored. I reached out to Dr. Sheila prior to the event. I immediately felt a connection with her. One of the first things she told me was how important it is that we do our exercises every day. It is by doing our exercises everyday that builds that foundation . The road to the true enlightening of our selves. She told me about her super powers and about many of her achievements and experiences. I saw in her day to day life how she puts into action all of the things that we are taught at the school. I got the privilege of helping Dr Tad with guidance of our guests on finding them the perfect parking spots. When she and Dr Laural pulled up, to our campus, I immediately knew it was them. I was so excited to finally meet both of these Doctors In person. I asked Dr Tad to explain Dr Sheila in 3 words and he said " wise old soul." This statement was very accurate. It was exciting to be part of the whole weekend. I am a natural with service work and karma yoga. It fills my heart to be of service the whole weekend, and it filled my soul with love. I also graduated from cycle one on the same weekend, which made it even more special.



It was finally here. The celebration we had all been anticipating. The School of Metaphysics 50th Anniversary. The Campus was glowing from the combined efforts of current students and teachers, fresh paint on the walls, new tile laid in the entry way, the grass neatly trimmed. Flowers and pumpkins gracing the front steps. In the distance, the Peace Dome glowed with fresh paint, love, and energy. There was a flurry of activity in the kitchen and shouts of greeting from the porch as Alumni began to arrive. I raced back and forth between checking on the Daal being prepared by my team in the kitchen, double checking the cakes in the cooler, and waiting on the porch to meet the Alumni I was going to introduce for their talk. I knew them on sight, although I had never seen either of them before. There was just a resonance there. Amy Pawlus and Jen Childers were obviously kindred spirits and I was honored to have been asked to take part in the introductions of two of the many amazing speakers. There's a story Wayne Dyer often told about when he was a young boy, he overheard a teacher call him a disturbing element in her class due to his determination to march to the beat of his own drum. Only, young Wayne thought she called him a "Scurvy Elephant" and later in his talks he encouraged us to be our own Scurvy Elephants, to Sing our Songs and follow the Music inside of us rather than following along blindly. When I met Amy and Jen I knew they were Scurvy Elephants just like me. As the time for speaking began and my classmate Nikki Collins was introducing the wonderful Dr. Laurel and listing all of the amazing accomplishments in her time at SOM, I looked at Amy and said "I'm not going to do that." She laughed and told me I better not. I believe I introduced them as was suggested by Amy, partly in jest, but so perfectly put considering the nature of their talk on Synergy and working together as "Double Trouble". I remember thinking that Dr. Terry had perfectly matched each person making introductions with the personality, energy, and nature of each speaker. Each and every Speaker was phenomenal and as I listened with rapt attention I was overwhelmed with the beauty of the heritage we have inherited and awed by the responsibility of passing it on. Those who have come before us and those who will follow us are a part of who we are today, right now, in this moment. We each, individually, carry the torch that makes the Great Flame, shining light into the consciousness of humanity, and ushering in Intuitive Spiritual Man.

Elise Brinkley, Oklahoma City Branch



Palatine

By Gino Crededio

Fulfillment in Service

To me there was truly only one thing that the 50th was, a chance for bodhisattvas to gather in the physical plane, to rest, to serve, and reaffirm their commitment to their sacred mission.

For me, I was there to serve. This is how I found fulfillment in service.

My role was somewhat humble. I was in charge of dinner. Those who know me know that it might be unusual for me to take a role that didn't involve public speaking or trying to be in the limelight. It was a welcome change. The position suited very well the truth of how I saw the 50th. I knew that these souls needed a place to simply be and to celebrate. I had seen the power of such gatherings at the most successful fundraisers we have hosted in Palatine. I wanted to make sure everyone felt loved. Say what you want about its gross physicality, but I also knew that food was a powerful tool to forge bonds, create memories, and show others how much one cares.

At the Parliament of World Religions, us delegates had the opportunity to learn from the best. A core tenet of Sikhism is the practice of langar, or communal kitchen. Their purpose is to feed the hungry out of the love of their hearts and with no expectation even monetary in return. We were blown away by their hospitality, how they even brought the food straight to you. The Sikhs understood Abundance. There was no limit to how much one could eat and no pressure to leave. I knew this was exactly what we needed to do. Plus, who doesn't love Indian food?

We gathered recipes, my elders gave powerful insight on how to lead, the ingredients were purchased and at last the day arrived. I came to the College on Thursday and made it my mission to feed all gathered at every opportunity. It was wonderful. I was present and in charge of just about every meal, taking simple ideas and foodstuffs and turning them into the vehicle for everyone else to march onwards, fuel in their bellies and love in their hearts. It is no easy task to feed almost one hundred people, but I was prepared for it.

Friday came, and reality sunk in. There was much work to be done. My team leaders consisted of Elise, Yvette, Rita and Gloria, powerful women I had the pleasure to serve with. They each took charge of a dish and a smaller team with me there to support them and make executive decisions. I remember it on Friday night when Sam, a volunteer also there with the ideal to serve (and boy did he make a mean mango lassi with Carlye), took a friendly pity on me. With the great heart he is so well known for, he looked at me and said "Oh boy, you're just going to be busy and stressed all weekend, aren't you?"

In that moment, a tension that had built up in me, manifesting through the levels of mind as an option towards negative, weak thoughts held within myself, was very close to manifesting. I saw it well, but so too did I see another choice. "Nah," I told him. "I think I have the easiest job of anyone here." As the weekend progressed, I found that I had spoken true.

There is something about service, when it is borne out of love and not out of obligation, that has a powerful drawing force. When I called for volunteers, powerful individuals always answered the call. Souls flocked from all over the School to help serve our community. So powerful was the call that even alumni approached me to ask to serve--Scott, Sydney and Jeremy among their number. Imagine my surprise when the Hillburns approached me, almost sheepishly, to ask a favor. "Gino...can we please lead dish crew?" And there was a levity as we worked. There was joy. There was light. I think we had a lot of fun as we prepared the life force found in the food. We consecrated it with our hearts. Believe it or not, but we actually had probably too many volunteers to take a sacred pail and serve the food amongst the tables outside. I could not find it in me to turn away even one.

As a leader, there was a cost for my service. No, I was not able to hear the wonderful talks that those honored teachers who had gone before me gave. And no, I was not able to be an MC as my ego would have liked. I was often in the kitchen, stirring pots, arising early to break fasts, and finding answers when those who relied on me had questions. It was a cost I would have paid a hundred times over.

There was a moment, a special secret moment of mine, where I walked away from the crowds and was alone. It was here that my heart boiled over with the love of the event, and I knew the depth of what it meant to serve. What the reward for service was. We so often are not privileged to reap our good karma while still here on earth. I am sure we see the truth of our actions in shocking fullness when we leave this plane, that no good deed goes unpunished but unrewarded instead. We cannot be greedy for the feeling of such fulfillment for it is for higher forces to decide when we shall receive the fruit of our labor. But I was so grateful to receive mine. And I am forever grateful for those who helped me receive and serve.

To those who attended, I hope that you felt love. I hope that you know the long work of your spiritual evolution is valued, is sacred. We all know too well just how hard soul growth can be, how it can often hurt in its growing pains. But you must know that the work you do is important. That you will one day save countless millions of souls. You are the bodhisattva. You are the one destined for enlightenment and will be the one to raise up your fellows. I am honored to have loved you, honored still more to have fed such holy people.



National Peace Ambassador Terrence-Lamont Bellows

An Invitation to the Peace Pole Garden: How the School of Metaphysics received its newst Peace Pole

The experience I have is opening up my heart and seeing my vision. I knew some things before they would occur in relation to this journey of coming to be united with the aware, conscious shared dream of a 50th anniversary event. The event went incredibly well. I witnessed everyone getting along and sharing moments that will stretch freely and deeply into our continued experience of this fantastic organization. In this, I experienced great love for the multitude of people and experiences that have moved through for me, within my time with the School of Metaphysics. My energy and my desire has waxed and waned many times over the past 16 years and there's been a process that I have gone through multiple times of bringing myself to be more and more aware that what I have in front of me and what I have been given and the opportunity is so massive and it deserves respect. At any given time, if I have felt wronged, or was not being fully embodied as the self that I am here on the planet to be, I have discovered I just need to, "Stop, look, and listen..." I choose to still my mind and request for assistance. Then, answers to my questions would come. Being sincere and having faith have been my super powers. Experience, justice and forgiveness, as well as deep reflection on known activities are the methods of great spiritual leaders throughout known time. I know without the School of Metaphysics as a vehicle in my life to receive all of that, there would have been a need for something else to be present. I can't imagine how my life might have unfolded any more brilliantly than it is now. I always maintain that I am the one who is responsible for my experience and that means that if I take care of myself and I take care of what it is that I know I'm supposed to be doing on the planet, then I would be rewarded with a clearer understanding of my purpose in life, and I would gain the depth of what has been set aside for me. I began my studies in Tulsa. Mysterious and painstaking steps had to be taken in order to get me to the point of knowing that it was definitely time for me to move to a different school. So I did go to Louisville when we had a school there. I spent time between there and Cincinnati for a little more than a year. Both of those schools including Tulsa closed down. Tulsa experienced dormancy and so we no longer had a building and we no longer had a place specifically for the peace pole that was there. Now that peace pole I helped to usher into existence as well as its second experience or lifetime to now, a third life. This was partially brought forward by the many other students, teachers and a director that were studying at the Tulsa school after I left. As it exists now, it was brought to the College of Metaphysics from Tulsa by Dr. Christine Spretnjak. We decided that it was perfect for what we needed at the college as it was time to retire our pole that had been there for many years. We went forward with the decision to plant it during the 50th Anniversary Celebration and have a ceremony. As the days came closer and closer, I did not have it in my physical brain what would occur as far as how the ceremony would go. Although I held on to the knowledge and the awareness that it was going to happen, no matter what.

And so, without fear, I stayed stable and present in my mind and the moment came when it was time and I had requested assistance from a few people. One of them, a first cycle student, Zack Shute wanted to help, he was very eager, and his energy was alive and well. The awareness befell upon me that this experience of the ceremony with the peace pole needed to be quieter and more direct and reverent and gentle. There were five of us who were participating in our requested upon stations. One to lead us with prayer as we walked from the Peace Dome carrying the pole with the love it deserved. We would carry the peace pole from the upper floor of the Dome, where it had laid present for more than a month. It had soaked up the energy there.

National Peace Ambassador Continued

And, as we began, I asked the first cycle student to see himself as a spiritual master.

I made mention of one, Thich Nhat Hanh, and so he was to be Thich Nhat Hanh. Tay, as his Buddhists students often called him. The second cycle student, who was leading us with prayer, was to be John, the Baptist. He paved the way. Immediately, he went into action.

I said, "How would they carry the pole?"

There was fine silence. Deep knowing.

Another 1st cycle student played the energetic role of Jesus and another Buddha and I adopted the consciousness of Krishna.

We consciously proceeded to walk the Pole from the top floor of the Peace Dome down to the peace pole garden. We shared the experience and between us, we passed the Pole. We were still, reverent and guided. The spirit of those great masters flowed.

As I have done several times before in these ceremonies, there were people designated to speak each language aloud.

"May Peace Prevail on Earth"

We were led in the singing of Isaiah 55 by Sydney Hilburn.

This is a picture image of how thought moves with Security from one entity to another with its back bone being fortified by Contentment and Peace.

A picture of what is to come for the next 50 years and many more as the locus of this great organization continues to hold its form.



REFLECTIONS OF THE 50TH

BY STELLA LYNN BOGGIO

The first weekend of October, I had the pleasure of attending The School of Metaphysics Fiftieth Anniversary Party. The day was a celebration of current and former students sharing old memories as well as creating new ones.

There were several speakers scheduled to share about the School of Metaphysics past and how they are applying what they learned in their lives. One speaker was Leah LaHue formally known as Leah Morris, who completed the Third Cycle of lessons and opened and directed a school branch in Fort Worth Texas. Leah was single when she finished her studies at School of Metaphysics. She is now happily married with two beautiful sons. She is employed as a Birth Dulla, at one of Dallas/Ft. Worth's most prestigious hospitals. She gave a very prominent speech about her studies at SOM and where they have taken her. I was impressed by her speech. I had the privilege of having Leah as my mentor several years ago, when I attended week as a college student at our school's main campus. Leah and I had both had some recent challenges in intimate relationships and it was thought we would be a good match for a mentor relationship for the week. I remember the encouraging and uplifting advice Leah shared with me. I have remembered this advice and have currently been applying some of her suggestions. I was eager to learn where Leah is now in her life. Listening to Leah's talk gave me continual encouragement. It reminded me of the impact the School of Metaphysics has made on so many lives. Even if someone received just the first lesson, in this course of study, it can have a profound impact on their lives.

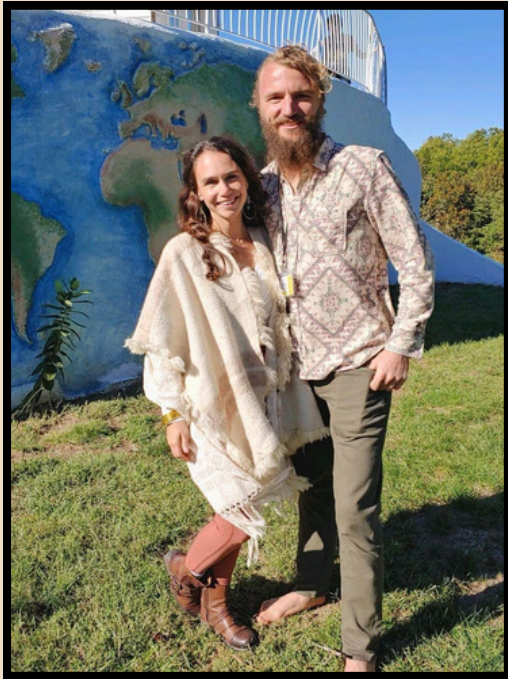
Another speech that impacted me were the duo of Amy Pawlus and Jen Childers. These former students were both directors of School of Metaphysic's branches. They spoke of their journey, on becoming a branch director. and what they learned along the way. It was refreshing to hear how these ladies adapted to uncomfortable circumstances in their leaderships positions as they expanded. As a current director of the Indianapolis Branch of the SOM, I appreciated hearing these ladies experiences and how they were using these experiences in their lives today.

Fifty years is a long time for any organization to endure. Many brilliant minds have benefited from this course of study. As our organization looks to the future, there is opportunity for continual expansion and growth. The School of Metaphysics has the potential, in the next fifty years, to make a significant difference in the world.

Looking forward to what the next dream holds for the School of Metaphysics.



50TH CELEBRATION MOMENTS



50TH CELEBRATION MOMENTS







INTUITIVE REPORTS COORDINATOR

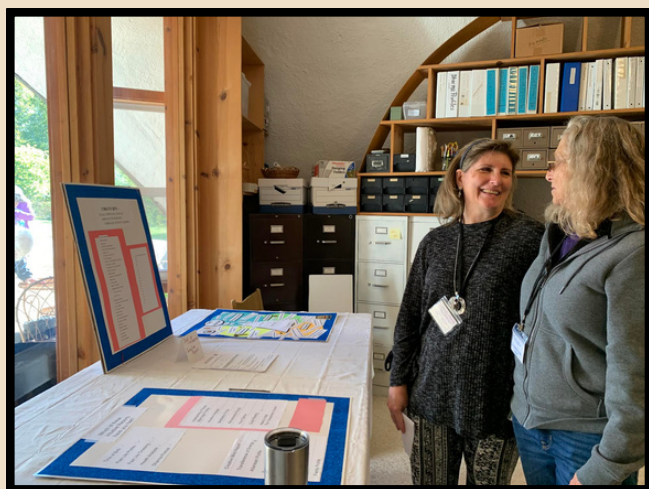
The Peace Dome
By Mari Hamersley

One of my favorite places on Earth is the Peace Dome at the College of Metaphysics. So during the 50/20 Anniversary Event at COM, I was in heaven. Throughout the year 2023, the Des Moines and Kansas City branches of SOM had been given the task of repairing and preparing the Peace Dome for this special experience. Under the excellent guidance and vision of our Area Director, Mavis Curry, students from both branches came and worked diligently to give the Peace Dome the love and attention it needed--cleaning, organizing, sanding, painting, repairing, etc. After 20 years of use, it needed all of these. And I was so glad to see the repairs being done now.

Going back to its origins was where my love for it began. The Peace Dome structure was erected in November, 2001 and when I first saw it, it was just the massive outer concrete shell. Very soon after that, in January, 2002, I came to study at COM. Much of my learning and as well my delight that year was to help construct the inside walls, floors, etc., helping our amazing carpenter bring it to the form it is today. Every time I had the chance to enter the Peace Dome and work there, I literally stepped into the experience of peace. I knew the intention we were putting into it--a quiet, deep sense of peace, and a true experience of going within ourselves. That was what I personally realized in that special place over and over again. I understood it was both for SOM and equally intended to give that energy to all of the world. Since that time, the Peace Dome has lived that intention through classes, healing, spiritual ceremonies, intuitive reports, presentations, and so much more.

During the special 50/20 Event, Wendi Olerich and I were able to give our love and attention to the Transcription Room in the Peace Dome, as I am an Intuitive Reporter with my conductor, Dr. Tad Messenger. The room where we keep the reports, both digitally and in hard copies had been organized and beautified by Mavis Curry. Posters had been made. I had identified as many Intuitive Reporter/Conductor teams as we could identify (solely by their initials on reports) who had contributed to humanity's understanding of themselves from the early 1970's to the present. Our many types of reports that had been given over the years were listed. And our goals for the future of Intuitive Reports were created so that we could imagine moving into the future as well. This room will be well-used for transcribing by many students yet to come.

To see students, teachers, alumni and family members come into the Peace Dome during the event was so satisfying to me. I look forward to many years of holy and purposeful effort through using this structure in elevated ways to bring the consciousness of peace into the world.



From the Chancellor

Jesus went near to Jerusalem. When he got there, he sent two of his disciples to go to the village and retrieve an ass and a colt, that was tied up. He also said to his disciples, if anyone says anything to you, tell them the Lord needs them. The disciples did as they were told. Jesus had the garments put on the colt and he rode it.

There were a great many people that spread their garments on the road; and others cut down branches from the trees and spread them on the road. When Jesus entered Jerusalem the whole city was excited. They asked, "Who is this man?" The people said, "This is the prophet, Jesus, from Nazareth in Galilee.

Jesus proceeded to go into the temple. He overturned the trays of the money changers and stands of those who sold doves. He said to them, "It is written, My house shall be called a house of prayer; but you have made it a bandits' cave. The people brought Jesus the blind and the lame, and healed them in the temple. The high priests and the Pharisees were displeased. Then Jesus left and went outside of the city to Bethany and lodged there.

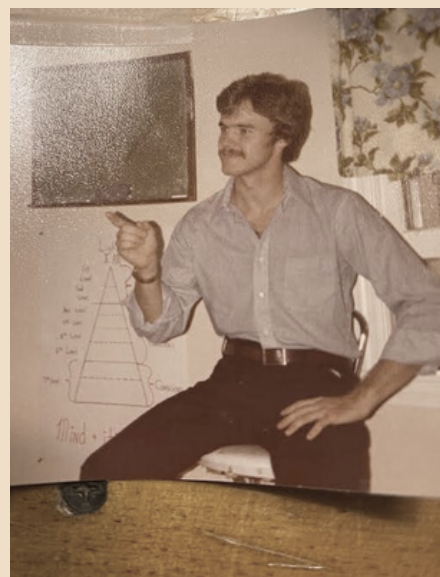
In the morning, Jesus returned to the city and he became hungry. Jesus came to a fig tree. He spoke to it and said, "Let there be no fruit on you again for ever. Shortly the fig tree withered. The disciple saw the tree and were amazed. They asked, "How is it that the fig tree had withered so soon?" Jesus answered and said to them, Truly I say to you, If you have faith and do not doubt, you will perform a deed not only like this of the fig tree, but should you say even to this mountain, Be removed and fall into the sea, it shall be done. And everything that you will ask in prayer believing, you shall

receive.

BY STELLA LYNN BOGGIO

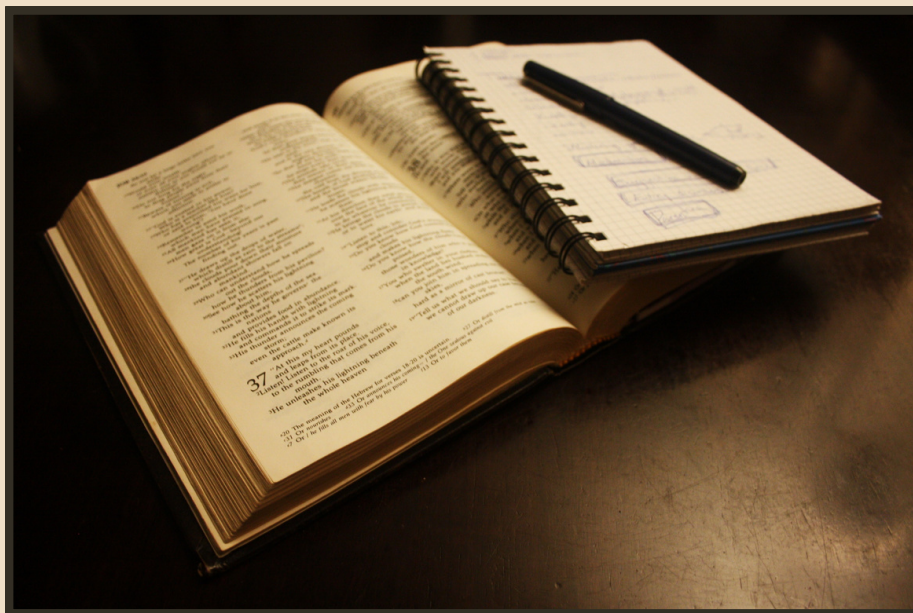
Matthew Chapter 21 INTERVIEW WITH DR. DANIEL CONDON

1. What was the significance of Jesus riding the ass with the colt? In dream symbols it shows he is supported by will. It showed his triumphant entry into Jerusalem as King of Kings and Lord of Lords.
2. Why did Jesus get so mad in the temple? The moneychangers were charging exhorbant prices for the exchange of the local currency. They were taking advantage of the people.
3. Explain the role faith plays in achieving the desires of your heart? The heart is the center of love of body. When we align and identify with love we dispel doubt. This dissolves the illusion of separation.
4. Why did Jesus speak in parables? So the people could see the pictures in the story. In seeing the pictures , of the story .the people would derive a moral, a higher truth of what they could understand.



When Jesus came to the temple, the high priests and the elders of the people came up to him, while he was teaching and said to him, By what authority do you do these things? And who gave you this authority? Jesus asked them, "Whence is the baptism of John? Is it from heaven or from men? They said to Jesus, we do not know. Jesus said neither will I tell you by what authority I do these things. He spoke in a parable. A man had two sons, and he came to the first one and said to him. My son, go and work today in the vineyard. He answered saying, I do not want to, but later he regretted and went. And he came to the other one and spoke to him likewise. And he answered saying, Here am I, my lord and yet he did not go. Which of these two did the will of the father? They said the first one. Jesus answered and said " Truly If I say to you that even the tax collectors and harlots will precede you into the kingdom of God. For John came to you in the way of the righteousness, and you did not believe him; but you even though you saw it, did not repent, so that later you may believe him.

Jesus tells another parable. There was a man who was a householder, and he planted a vineyard and fenced it, and he dug in it a winepress and built a tower, and then he leased it to laborers and went on a journey. When the fruit season came, he sent his servants to the laborers, that they might send him some of the fruits. The laborers seized his servants, and some are beaten and some were stoned and some were killed. Again he sent other servants, many more than the first; and they did likewise to them. At last he sent his son to them, saying, They might feel ashamed before my son. But, when the laborers saw the son, they said among themselves, let us kill him for he is the heir and retain his inheritance. They seized him and killed him. Jesus said when therefore the owner of the vineyard comes, what will he do to these laborers? They said to him, he will destroy them savagely and lease his vineyard to other laborers, who will give him fruits in their seasons. Jesus said to them, Have you never read in the scripture, The stone which the builders rejected, the same became the cornerstone; this was from the Lord and it is a marvel in our eyes? Therefore I say to you that the kingdom of God will be taken away from you and will be given to a people who bear fruits. And whoever falls on this stone will be broken and whom ever it falls upon, it will destroy, When the high priests and Pharisees heard his parables, they understood that he was speaking against them. They wanted to arrest him. But they were afraid of the people, who regarded him as a prophet.





The **NEW** **MAITREYA** **50 and counting** by **Barbara Condron**



THE INDIVIDUAL

Some people get their second wind at 50. They raise a second family. Or downsize to begin a new life in a new part of the world. They make major transformations. Others drift into this change of life, and often end up calling it a midlife crisis.

Which happens for you, depends upon the first Essential Life Skill: Self Respect.

At 50, human beings reach the midpoint of living a century. Fifty is the time in life when frequencies open, encouraging reflection upon our destiny. We have lived enough life to amass experiences and to understand them. The future begins to open inviting a depth of wisdom.

The first 50 years of life are woven with variations on the "W" theme. Life questions that at some point every human being considers. Even if you have yet to reach 50 years on planet Earth, make a moment to reflect on your response to each question, even writing your answers. That record will be valuable to you at some future time.

- **Who am I? Why am I here?**
- **What am I capable of becoming?**
- **Where shall I go? When will I know to return?**
- **Which path should I take?**

Allowing your mind to consider these questions is a gift. Answering them is an act of Self Respect.

The word respect comes from the Latin *respectus* meaning 'look at again or anew'. When we look with our eyes, we are reborn. When we perceive with our mind, we can resurrect our consciousness.

.... in a GROUP

This year the School of Metaphysics has been active in all levels of consciousness for five decades. Over 100 people from not quite two years old to a bit over 80 gathered at the College of Metaphysics to mark this golden anniversary. We told the stories that continue to (as the words of the *Universal Peace Covenant* say) *refresh, to heal, to inspire....*

PENNIES for the COLLEGE (Dr. Laurel Clark)

Susan Bridle was still in her teens when she studied at the KC SOM. She became a director in the mid-1980s and I was her regional director and teacher. She and her peers (from eight schools in total) decided they would all contribute to the mortgage fund to pay down the college loan. Schools gave anywhere from \$50 a month to \$500.

Susan's school sometimes struggled financially to pay its own bills, but she wanted to contribute. She intended to study there so she wanted to practice harmonizing with the Laws of Prosperity and Abundance. She guided one of her beginning classes to be the first to work with the local Walmart to set up a table right outside the front door. A handmade sign said, "PENNIES FOR THE COLLEGE".

A gallon jar filled up throughout the day, as Susan and students engaged people by sharing the dream of an institute of higher learning that was going to teach the Universal Laws of creation to future leaders, business people, scientists, artists, physicians, lawyers, people in every walk of life.

When we respect something, we are willing to see it from another viewpoint. Sometimes this means standing in someone else's shoes. Respect given in this way is the great equalizer. It builds compassion.

Sometimes respect means stepping outside who we are at the moment so we can see ourselves as others do. In this way, respect becomes a motivator for productive change.

Sometimes respect means being willing to think about how we will view the situation ten years from now, or at least tomorrow. Respect now places us at the portal to reasoning, will power, intuition, and wisdom. The threshold of foresight.

If there is a moment when Self Awareness matures into Self Respect, when we realize that our daydreams and our nightdreams are mirrors of our own thinking, perhaps it comes most profoundly at 50.

If we can grasp the truth in this for ourselves, as individuals, perhaps we can see the universal truth for all of us. For some 50 is just a number, worthy of only a fleeting notice at best. For others, it is layers deep, a voyage through the holographic universe whose path is simple – going Within.

I'll look for you there! Om, shanti, shanti

Susan was singing her song as she spoke with confidence about her own learning and the dream she was building with others. She was filled with enthusiasm because she had experienced the transition of a collective thought form being made manifest when we purchased the land.

She knew from experience what it feels like to create something from seemingly nothing. She proved it personally that day as she received checks from people who wanted to give more than a few pennies. When Susan came to the next teachers meeting, she told her story and proudly showed the check to the "College Fund" to everyone.

Some of the teachers took her idea back to their schools, and soon people schoolwide set up tables at Walmarts from Denver to New Orleans to Detroit.

Just as the value of a penny grew in all of us those years, so the value of a single visionary individual in a group of peers is truly priceless every time such a one receives the dream and passes it on.

The Lesson & the Practice: Every thought counts.

Each month, I'll be sharing a moment of Self Respect for SOM that will continue to increase in value as generation upon generation experience what it is like to usher in Intuitive, Spiritual Man.

Five Souls Discuss Love CH 2

By Gino Crededio

Five souls return home from long lives in the human world.

"It is good to be back," said the third soul.

"I missed you all!" said the fourth.

"It was rough, but it was fun," said the fifth.

"You all did so well," declared the second.

And the first said nothing.

They were all content to be united in the place where time no longer mattered yet there was still work to be done.

They began.

"Why is it that love is so easy here but not down there?" asked the second soul.

They rested in silence, contemplating. Here their affection for each other was so obvious, so without cost. It needed no explanation.

"When we are here there is nothing to say," stated the third.

"That's true, but we must understand. How do we define love? What is it?" said the second.

They all thought in silence.

"Love is a feeling," said the third.

"It is the best feeling," the fourth added.

"Surely, it is not merely a feeling," said the second.

"Love is an action..." the fifth one tried.

"Yes, that must be true, but is that all?" said the second again.

The group was silent.

"What do you think?" asked the fourth.

"I think I want to hear what the first has to say," the second returned, embarrassed but interested nonetheless.

"Though perhaps they wish to remain silent."

If a soul could roll their eyes, the first would have.

"I will speak if that's what you want. When you think about it, love is a thought."

"What do you mean?" demanded the third earnestly.

The first wondered how they could explain.

"Everything begins in the mind. When something happens, we first receive it and it begins to be interpreted. It can go down many paths as it manifests from thought to another happening. Love is one of those paths."

"So love is a choice?" asked the second.

"You could say that," said the first who then returned to silence.

They contemplated this.

"So love is a feeling, an action, and a thought," said the second. "It cannot be said that it is one thing but is not the others. We agree on this. Then which is the most valuable?"

"The feeling of course," said the third. "It is what makes life the most worthwhile! Everyone knows that."

"Hmm, then what is second best?" asked the second.

"The action. It feels so meaningful to be loving to another and when they are loving to me," said the fourth.

"Does that mean the thought is the least valuable?" asked the fifth, and they all contemplated.

"What are the obstacles to love down there?" asked the second.

"Love fades," said the third decisively.

"What do you mean?" asked the second calmly.

"Love comes about via relationships and it ebbs and flows. I love you because we are together and you do these things for me," said the third.

"Yeah...and then things change and I no longer feel love," said the fifth.

"Why not?" asked the second.

"Because they don't do the things that make me feel love...and then I don't do the things that are loving either. At least, it's harder to," said the fifth.

"I see," said the second. "Yes, I think all of us have experienced that. So then why are there no obstacles here?"

All turned to the first who coolly returned their gaze then relented.

"Because we are not limited here. We don't need anything."

The rest returned their understanding.

If souls had chins to rub, the second would have rubbed theirs. "So if love is a feeling, an action, and a thought and of these we see that the feeling is the most valuable but the nature of the human realm is limited, which of the three aspects of love is the most limited?"

All were silent.

"The action?" ventured the fourth.

"How so?" asked the second.

The fourth didn't know what to say.

"When you think about action, we have control over what we do," considered the second.

"That's true," returned the third, "but as we observed it can become hard to do."

"This is tough! Is it the thought then?" shouted the fifth.

"How substantial is a thought?" asked the second.

"It's comparatively small," said the third. "Smaller than an action."

"How hard is it to pick a thought?" asked the second.

"It's not that hard," said the fourth, "but we don't always control our thoughts either."

"Yeah, sometimes they just happen to us," said the fifth.

"Still though, they are so small. It is easier to think a thought than to perform an action," concluded the third.

"Does that mean it's the feeling? I hope it isn't," said the fourth reluctantly.

The second paused.

"How much control do we have over our feelings?"

"A lot!" declared the third.

"Didn't you just say that love fades?" said the first. "You meant the feeling." If souls had mouths to shut, the third would have shut theirs and sat back down.

"I don't think we have a lot of control over our feelings," said the fifth soberly.

"A lot of times feelings occur because someone does an action for us, and if there's one thing we control less than our feelings, it's others," said the second.

"So it is the feeling that is most limited," said the third.

"It's hard to argue that the feeling isn't the most desirable, but we also have the least control over it. What do we have the most control over?" asked the second.

"We already concluded that it was the thought," replied the first.

"But just a thought?" said the fourth. "That doesn't seem like much compared to the feeling of love."

"Why not?" asked the second.

"It just...isn't," replied the fourth.

The second asked the question they were all dreading.

"Are we too attached to the feeling?"

"Oh my God," said the third.

"But...but..." stammered the fourth.

The first nodded in understanding.

"I get it, but I don't like it," said the fifth.

"Why not?" asked the second. "We have little control over our feelings yet our feelings have great influence over our actions which lead us to lose control of our thoughts. Wouldn't it be better to just rest in the choice to choose love no matter what we feel or others do?"

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





Calendar of Events for 2024

January 5, 6, and 7	General Assembly
January 19, 20 and 21	Third Weekend
February 3	Area Teacher's Meeting
February 16, 17 and 18	Third Weekend
March 15, 16 and 17	Third Weekend
April 5, 6 and 7	National Teacher's Meeting
April 19, 20 and 21	Third Weekend
April 26, 27 and 28	Dream Awareness Weekend
May 17, 18 and 19	All Student Weekend
June 14, 15 and 16	Third Weekend
July 19, 20 and 21	Third Weekend
August 3	Area Teacher's Meeting
August 16, 17 and 18	Third Weekend
September 20, 21 and 22	All Student Weekend
October 4, 5 and 6	National Teacher's Meeting
October 25, 26 and 27	Still Mind Weekend
November 15, 16 and 17	Third Weekend
December 7	Area Teacher's Meeting
December 20, 21 and 22	Third Weekend



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: # 98 Wavelengths Your attention can be whole and complete when willfulness commands. Temper your mind in service to the whole Self. Train the mind in noble ways and it changes the brain. Epsilon, Alpha, beta, delta, theta, gamma, lambda harmonize in Shumann's Wave.

Kate Wagoner: # 97 Liquidity A study Light can afford to bend in the wind. A hologram casts no shadows. Choose the world you want to live in. I AM is the reference beam for consciousness and only water bends light.

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

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