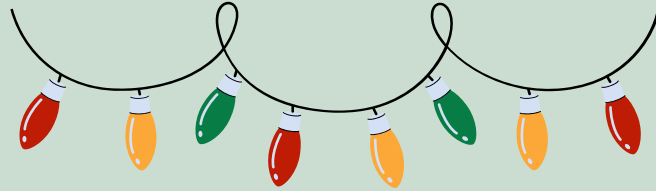


Vibrations

A Monthly Newsletter

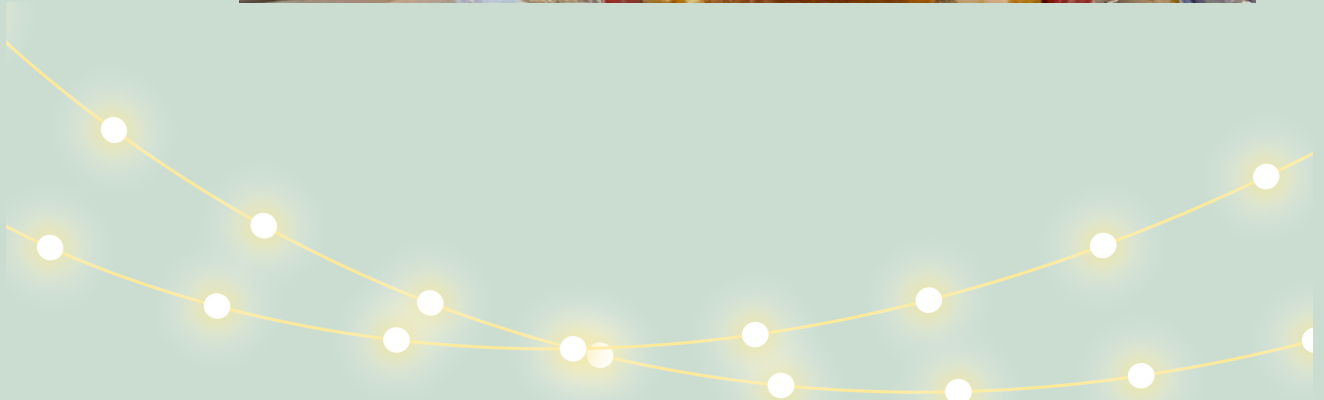
JOY



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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As leaves fall, energy moves to the roots.

I did not create much money this month, and I pondered my personal value daily. I had a deep desire for certainty before I trusted the Universe, yet the path in front of me challenged me to trust without condition. While my 3D reality seems unproductive, the Universe keeps giving me signs that there's energetic activity I do not see happening due to the work I am doing (even when I am afraid).

I have truly felt the limitations of my current cocoon and I know that I need an experience I've never had before to dive deeper into my learning. It was during these moments of deep desire to know my Self more intimately that I sat on the floor in my room in meditation and began magnetizing souls to me that could open my Self to these deeper aspects of learning. I would imagine what I would feel like to grab onto a golden nugget of truth, I would visualize aspects of myself I could discover through the experience of leading a class. This was a continuous practice throughout the month of November.

I would sit in my bedroom with my tarot cards and receive a monologue of how I would introduce myself to the class and would find myself speaking out loud to students materializing around me as real as day.

Over and over again throughout the month, I called on the Universe to fill me with light and to use that light as a beacon for the highest good of humanity. I have always wanted to serve, and I had never considered becoming a servant leader. Yet this is who I am and by embodying this aspect of me I believe I am cracking my cocoon open.

I am writing this the night after my first Introduction to Mastery of Consciousness class where 9 enthusiastic and brilliant adults gathered from all walks of life. Each touched me with their journey and I felt myself determined to help them succeed in their goals. I want them to see themselves as creators and manifest their dream life. It benefits all of humanity when we gain access to our individual creative expression. Through the exercises and the accountability to the Self, I believe we can help evolve spiritual man. I have my second registration night soon and am excited to see who shows up and who sticks around. Either way, I am on a journey of self-discovery and I am excited to watch myself and my students unfold.

"It's okay to stray from the path here or there, yet we must come home at some point, and I am here to help remind you to come home."



If a friend asked you, “Want to do something fun together?” and you said yes, what would pop into your mind? You might expect to go out to dinner together. Your imagination could conjure up visions of watching the latest movie together, playing a friendly game of frisbee, or enjoying a walk in the park. You would not expect to be cleaning and organizing an office space on your Saturday afternoon.

This is where I, and my student Jim, found ourselves. It was a cold and bright November afternoon, and Jim and I met at the School branch. Our vision was to organize and clean the office with the purpose of beautifying the School, and making that working area more accessible to other teachers and students.

I proposed the idea to Jim because he is a very organized individual who pays close attention to details. He also is adept at figuring out why objects work the way they do, he is very handy and technologically inclined. He agreed, and there we were.

It was a bit overwhelming at first. The School’s office is one of the last spaces that needed updating since the remodel of the branch. We had a large task set before us that almost seemed too monumental to accomplish. After catching up for a little bit, we restated our visions for the room, and started to see each area in the room as a smaller, manageable task that we could easily complete.

We spent the afternoon in harmony, deciding which objects to keep and use, and which ones to release with Love. We thanked the objects we no longer needed before passing them on. The other day, Jim shared a realization he had outside of class- that everything is God, including the lamppost he passed by on the way to the School. This echoed a sentiment I heard from a preschool student I once taught. She told me that God was, “Everyone. Everything. Everywhere.” Traditions in the East send Love and gratitude to the inanimate Life around them, acknowledging this concept.

We continued to clean and organize the Sacred space, and the office began to take on a new Life. It felt lighter and brighter from when we had first stepped into the room. This is because we effectively organized it, and also because we were speaking words of Love and Truth into the room, and with each other.

A few hours passed, and we reached a stopping point. I brewed coffee, and Jim cut up melon and strawberries to share. We enjoyed the progress we had made. After all that hard work, it was time to rest and soak up the enjoyment of a job well done. Time passed comfortably. We shared stories of our lives that pleasantly surprised each other, finding that we shared points of views and traits that harmonized well with the other. He expressed gratitude to me for teaching him, and I acknowledged that he teaches me too. Learning and teaching is a reciprocal experience. When I asked if he wanted to continue to organize the office again, he exclaimed, “Yes! Who knew cleaning could be so much fun?” I smiled and agreed.

My name is Mary, I've been in the Oklahoma City school, in cycle one, since May. I wanted to talk about the joy I have created in my life.

The thing is, I could tell you about the things in my life that have already come to me, the things that everyone can see. There are many examples of what I've created that bring joy, things I could point to in reality and everyone can see. Funny thing is, joy is in the eye of the beholder. Some things that bring me joy are not the things that I can show others, these are the things that bring the most joy to me. It's not just what I've created in my life so far that bring me joy, but it's the things that I've created that I haven't even caught up with yet that bring me joy in the anticipation of it showing up! Like waiting in line for a roller coaster, every step brings me closer to what I desire, to what I have created for the rest of my life. That gives me joy. Once you get on the roller coaster ride, it's over in a flash, but waiting in the line, with your stomach full of butterflies, hearing and seeing the others screaming with excitement on the ride, knowing there is no turning back, that is more than a means to an end, that is part of the experience! Most people don't see the joy in standing in the line, but that's because they aren't paying attention. So too this life of day to day mundane living is just me knowing I'm waiting to catch up to the things I have created ! That brings me joy! I don't even know when or how, I'm just waiting to be surprised at how things I've created show up! So, I have to say, joy is in the eye of the beholder, joy is where you choose to find it. I find it everyday. I don't create things or experiences that bring me joy, I create the joy first, then I can find it in most everything!



Moonlight and Metaphysics in Oklahoma City

Melissa Couch-Hilliard

The Oklahoma City school hosted Moonlight and Metaphysics on April 8th, 2023, which was the first fundraiser of the year. The recent Mastery of Consciousness class brainstormed on educator Elise Brinkley's recommendation of incorporating dream interpretation as the foundation within the public event. The class utilized visualization techniques to manifest the number of people attending while mapping out the different stations within the event and incorporating camaraderie. Community involvement was the ideal, for the purpose of creating an inviting and educational experience to share knowledge of The School of Metaphysics by incorporating interactive activities for all ages.

In preparation for the event, it was decided to comprise multiple educational literature of the school including, "The Dreamer's Dictionary," "Power Vs Force," and multiple techniques taught in weekly lessons. Displaying the practicality of incorporating the Universal Truths which enhances life skills as well as unlocking inner intuition.

Approaching the School of Metaphysics, you are greeted by the first station set up for vibrational calibrations demonstrated by Rachel who is passionate about spreading the correlation of metaphysics and health. She spoke about the importance of awareness to thoughts, as well as tips to increase one's vibration.

Students Demetria and Fiona utilized their creativity with elegant intention candles cured with love to promote the four elements of Air, Water, Fire and Earth. The fragrance and intricacy of each candle expressed their joy in creative form. Megan expressed her interest in leading a DIY manifestation/intention box activity. Each participant was given a small wooden box, watercolors, and brushes for the purpose of personal creation. Guests were given the opportunity to utilize imagination while having a continual opportunity to promote positive intentions. This keeps a daily reminder of their joyful creation at their personal residence.

Elise and Erin volunteered tarot and Melissa oracle readings with guests using the Universal Language of Mind for interpreting the symbology of cards. Kristina was busy as the public relations liaison for guests as she guided them to areas while answering questions they had. As the night progressed under the full moon the crowd never dwindled, with the event lasting longer than anticipated which matched the unity manifested by the class earlier that week. The communal atmosphere was memorable in the moment, as well as for years to come, with their daily reminder of love from their personal memento of the Moonlight and Metaphysics event held under the beautiful pink full moon.



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 made full circle without knowing the why, however, and I put faith on an education platform that invests in wholeness. The term holistic has always resonated with me for a variety of reasons. Wholistic was an intriguing new concept that intertwines our levels of consciousness through visualization, concentration, dream interpretation, 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 unconscious 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 unconscious creates an intimate understanding of 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 manifested by our teacher, Elise. Her leadership is something out of an epic poem, helping us incorporate transforming our defenses into our offenses with each lesson and reading material assigned. Allowing our vulnerabilities seen, heard, and understood, creates pure trust as our teacher. Each week encompasses new excursions through exercises, reading material, and love that we share for our collective journey in becoming a fully, independent, and whole functioning self.



National Peace Ambassador Terrence-Lamont Bellows

Universal Peace Covenant states: "All people desire peace."

Do you believe in the power of struggle?

Struggle is real although the struggle is not united. There is not a struggle that is in humanity. There is a struggle that is in man.

Not the pluralistic man but the individual. The one man is the one who experiences the fight. Indeed the only one that can. Man is the one who experiences the struggle. When you realize you are the one who is fighting that's when you realize simultaneously you are the one who can surrender. That's how you learn surrender. It is by noticing that you are in a fight and then stepping back. Stopping, you look and you stop. You stop pushing. You stop needing. Stop forcing. You stop trying. Stop reaching and you just be.

Although, when we believe in the power of struggle then struggle continues and there is no peace. The struggle is outside of the individual. The struggle is what is reached for. The struggle is what occurs when there is reaching. Peace is what is known when there is slowing down. When there is contemplating there is peace. There is fear of being passive.

Because there is a belief in the power of struggle. When the belief and attachment to something has simply been released then something else can fill the void. It's as simple as holding an object in your finger tips and dropping it. The hand fits in the glove. The hand only goes in the glove when the one places the hand in the glove. Peace is always present. Peace is all around. Each one of us is unique in our own right. This frequency of no "one" is the necessary frequency for the universe to be as it is.



Reflections of Joy through Gratitude

BY STELLA LYNN BOGGIO

December marks the end of one year and anticipation of a new year. This traditionally has been the time of reflection for me. I can look over the past year and see what I am proud of and what I would like to change. During this time of year, many of us are preparing for the holidays. Time with family and friends is usually at the forefront of our minds. The Christmas Spirit fills the air. It's a time for Joy and celebration. During this time of reflection, I like to think of what I am most grateful for and what I have learned this year.

First, I am grateful for my dedication to my spiritual growth. Twenty years ago, I made a decision that changed the course of my life. I was in a relationship with someone who had a drug addiction. Although he was a good guy and had a lot of positive qualities, this addiction ruled his life. It also began to rule my life because I was trying to fix him, make him see the light so speak. My life become unmanageable in this process. I had heard about an organization that helped friends and family with those struggling with alcohol addiction. It was called Alanon. I made the call, to this organization, and this started me on my spiritual journey to health and wholeness. This helped lay the foundation, for my metaphysical studies, several years later. I can say I am truly grateful for the person that answered the call that day.

I am grateful, I say the Peace Covenant every morning on zoom. This helps me establish peace within myself as well as sending peace to the world. As a line from the Peace Covenant states, " World Peace begins within ourselves." I am grateful for the commitment to Self I have made to participate in this daily ritual.

I am also grateful I am learning to go beyond limitations and express myself authentically. For many years, I have held back my thoughts and ideas for fear of being hurt. This fear kept me small and separate from others. I realize I am valuable and have much to share. I also realize we are all connected and it was just my perception that was keeping me separate. I am in the process of preparing a signature talk I will be giving to many groups. This will enable me to connect with others who desire to learn what the School of Metaphysics can offer for their lives.

I am also grateful for the relationships in my life. I am especially grateful my spiritual studies have enabled me to have a closer relationship with my mom. I used to have a lot of resentments toward my mother. Now, that she is in her senior years, I am able to be a loving support and presence for her. This brings me great joy.

Looking forward to continual Joy, love and abundance as we welcome in s new year.



The NEW MAITREYA

Master Students make Master Teachers

by Barbara Condron

Would you read, Larry?"

I asked the 20something man from Arkansas his first night of class. The rhythm that had been established in the group of 9 students came to a halt as my question met with silence. I could see Larry was shrinking in his chair. His head bowed, he jerked it to the side. No eye contact here; it was final.

I had been teaching for four years and this was a new experience for me. I'd had a couple reluctant-to-read-aloud students, but never someone who clearly refused the invitation. I knew the perils of failing to acknowledge when someone is separating themselves from participation. It never makes the discomfort go away because the next week another opportunity to read aloud will be presented.

I felt the 'stand-off' energy profoundly that night, as did others in the class. In those first few moments, I was at a loss for the right words to say to ease Larry's fears. In dozens of classes I'd started in six cities, I had observed how reading aloud builds familiarity between people, establishes the individuality of each one, and initiates the group consciousness potential for the new class. It was almost magical how the simple act of hearing each other's voices creates an openness within each one present.

But not this night. Larry's pulling himself away seemed outwardly to be an act of defiance. Intuitively, I knew better. This experience was essential for the student, and a teacher matching a student's refusal on this request is an example of two wrongs not making a right. There's no way to fix the damage it causes.

All of this flooded through my conscious mind, as I chose to say, "Perhaps you can participate later." Then I moved on, asking the person seated next to Larry to read. Gratefully, he did.

At breaktime, after the school tour, students had a few minutes to get something to drink and use the restroom. I watched as Larry stayed a bit separated from the crowd. I made the decision to engage him. I didn't have to. At that time it would have been infinitely easier to ignore the situation, and hope next week Larry had a change of heart. I knew the odds against that happening.

Flooding my mind with love and understanding, I walked over to him, and said honestly and directly, "Larry, the idea of reading aloud seemed disturbing to you. What can I do to help ease that?"

He was shocked. I validated his reaction by saying, "You seem surprised..."

"No one's ever asked me that," he replied. "I don't know the answer."

"Would you give it some thought before next week? Then we can talk about it before class." Larry was visibly moved.

I leaned in further, "Larry, I want you to know that I won't ever ask you to do something that will harm you or detract from your soul growth. What I request of you will always have your best interest in mind first. Can you trust me on that?"

He followed every word. Again, he fell silent, this time nodding.

When we returned to class, there was more to read. I intentionally chose to change up the order of reading the paragraphs in the Student Guide, asking Larry if he would like to read the last paragraph.

Again there was hesitation, but this time he did not shy away from eye-to-eye contact. This time he nodded, reading, "We send you our circle of love."

Everyone in the class experienced our own circle of love that night, because everyone witnessed how quickly love can change us.

The New Maitreya Cont.

Larry and I met the next week, and he began to tell me about his background, his difficulty in school that left him with pre-junior high school level reading skills. He was able to talk about classmates making fun of him and how he had avoided language arts as he grew up. It had shaped his life choices, many that he hoped to change through studying metaphysics.

We came to a mutual agreement: I would always be there for him in the reading, aiding with any pronunciations, if he would be there for himself in making the effort.

For weeks, when his turn came, Larry read one sentence. The entire class was behind him. In time, they demonstrated a compassion for his effort. They were proud of his progress. When the lesson on friendship came, Larry took it upon himself to read several sentences. He continued reading entire paragraphs through the remainder of the beginning series of lessons.

When Larry Hilger received his Resondere certificate, he listed "being a good reader" as one of his accomplishments. Reading aloud brings the first five essential life skills alive in a student. It accomplishes in the Conscious Mind what the Dream Interpretation does for Subconscious Mind. SOM offers more than intellectual stimulation, it opens the inner levels of Mind existing beyond the Conscious Mind.

SOM aids any individual who is willing to put forth the effort, to be a whole, functioning Self. Larry's Self Respect increased manifold as his reading comprehension improved. The extra effort required of him became an advantage in understanding the lesson and book materials.

Decades later, increasing numbers of young people, particularly the kids who have been 'raised with technology', have yet to develop basic education skills like reading, writing, and math. They, like Larry Hilger, need and deserve a disciplined and compassionate teacher. Perhaps that teacher is you. •

The Rest of the Story

When Larry Hilger attended his first teacher's meeting, he was surprised by the classic scrambled eggs with fresh veggies. (If you haven't experienced this yet, it is similar to an omelet only meant to feed dozens.) As he watched them cooking, Larry was not so sure he'd like tasting it, however, when he did, his eyes lit up and he got a grin on his face. "Those are some groovy eggs!" he said. That's when "EGGS GROOVY" came into being. •



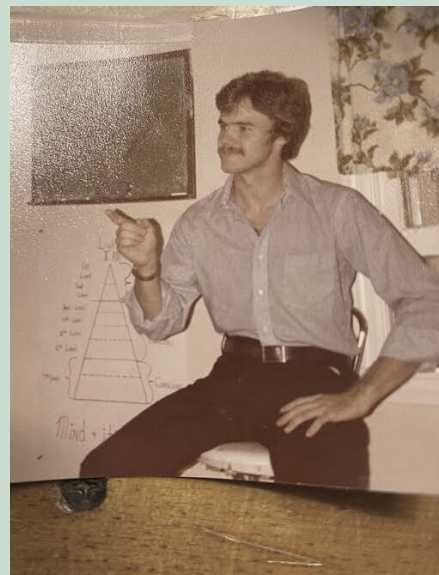
From the Chancellor

BY STELLA LYNN BOGGIO

Matthew Chapter 22

INTERVIEW WITH DR. DANIEL CONDRON

1. What was wrong with the man not wearing wedding garments? By not dressing properly for the wedding, he was showing little value for the commitment. In Universal Language of Mind marriage represents commitment.
2. What does it mean to give to Caesar's what is Caesar's and what is God's? Caesar means physical world. You need the things to surviving in the physical world. Give your attention to those things Give to God what is needed for soul growth and spiritual development.
3. Who are the Sadducees? Teacher's in that religion that memorized a lot of old testament scripture. They thought they were better than everybody else.
4. Why is there no marriage in heaven? In the higher levels of mind, the pairs of opposites are less pronounced.



Jesus continues to answer in parables. The kingdom of heaven is like a marriage feast a king gave for his son. He sent his servants to call those who were invited to the marriage feast, but they did not. He sent his other servants to tell those invited that everything is ready and to come to the marriage feast.

However, they sneered at it and went away. The rest seized his servants, mocked them and killed them. When the king heard about this, he was angry. He sent out his armies and destroyed those murderers and burned their cities. He said to his servants, the marriage feast is ready, and those who were invited were unworthy. Go therefore, to the main roads and invite whomever you may find to the marriage feast. The servants went out to the roads and gathered who they could find for the banquet.

When the king entered to see the guests, he saw a man who was not wearing wedding garments. The King asked, "My friend, how did you enter here, when you did not have wedding garments? And he was speechless. Then the king said to the servants. Bind his hand and his feet and take him out into darkness; there shall be weeping and gnashing of teeth. For many are called, and few are chosen.

Then the Pharisees went away and took counsel how to trap him by a question. They asked. "Is it lawful to pay head tax to Caesar or not? But Jesus knew their evil and said, "Why do you tempt me, O hypocrites? Jesus said, Show me the head tax penny. And they brought it to him a penny. And Jesus said to them, Whose is this image and inscription?

They said, Caesar's. He said to the, give therefore to Caesar what is Caesar's and to God what is God's.

That same day the Sadducees came to him and said, There is no resurrection of the dead; and they spoke to him, And said, Teacher, Moses has told us, If a man dies without sons, let his brother take his wife and raise up an offspring for his brother. Now there were with us seven brothers; the first married and died, and because he had no sons, he left his wife to his brother. Likewise the second, also the third, up to the seventh. And after them all he woman also died. Therefore at the resurrection, to which of these seven will she be a wife?

For they all married her. Jesus answered and said, You err, because you do not understand the scriptures nor the power of God. For at the resurrection of the dead, men neither marry women, nor are women given to men in marriage., but they are like the angels of God in heaven. But concerning the resurrection of the dead, have you not read what was told you by God saying. I am God of Abraham, the God of Isaac, The god of Jacob? And yet God is not the God of the dead, but of the living. When the people heard it, they were amazed at his teachings. When the Pharisees heard that he had silenced the Sadducees, they gathered together. And one of them who knew the law asked him, testing him. Teacher, what is the greatest commandment in the law? Jesus said to him, Love the Lord your God with all your heart and with all your soul and with all your might and with all your mind. This is the greatest and first commandment. And the second is like to it, Love your neighbor as yourself. On these two commandments hang the law and the prophets.

While the Pharisees were gathered together, Jesus asked them, saying What do you say concerning the Christ? Whose son is he? They said to him, The son of David. He said to them, How is it then that David through the spirit cal's him Lord? For he said, The Lord said to my Lord, Sit at may right hand, until I put your enemies under your feet. If David then calls him Lord, how can he be his son? And no man was able to answer him, and from that day no man card to question him.



JANUARY - NEW CHAPTERS

FEBRUARY - LOVE IS BLISS

MARCH - NEWNESS

APRIL -EXPANSIVE DREAMS

MAY - DIVINE FRIENDSHIP

JUNE - EXPLORATION



2023 Monthly

themes for vibes



JULY - PLAYFULNESS

AUGUST - INITATION

SEPTEMBER - RELEASE

OCTOBER - CREATIVITY

NOVEMBER - REFLECTION

DECEMBER - FESTIVE

Calendar of Events 2023

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



HAPPY
Holidays



Calendar of Events 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: #69 The Spiral -Self arises in consciousness gravitating to earth. The outpouring of needs is met by desire. Another time of life breathes in toward nirvana. With roots in heaven, immortality is assured.

Kate Wagoner: #47 Landing- Beauty is an expectation arising in the finest substance in Mind. Carried along by will responding to the inner call. Leadership arises unbidden in one caught up in rapture. Being, is the teacher; presence, the lesson.

Thomas Croft: #35 Love- In its journey to be whole, Spirit flows through the Mind. Virtue opens every door to love. This is the way it has always been. Love melts the pain of the lower heart, karma fulfills in gratitude, forgiveness, tolerance.

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